THE SATURDAY EVENING POST

Founded A.D. 172 by Benj. Franklin

Jan./Feb. '88

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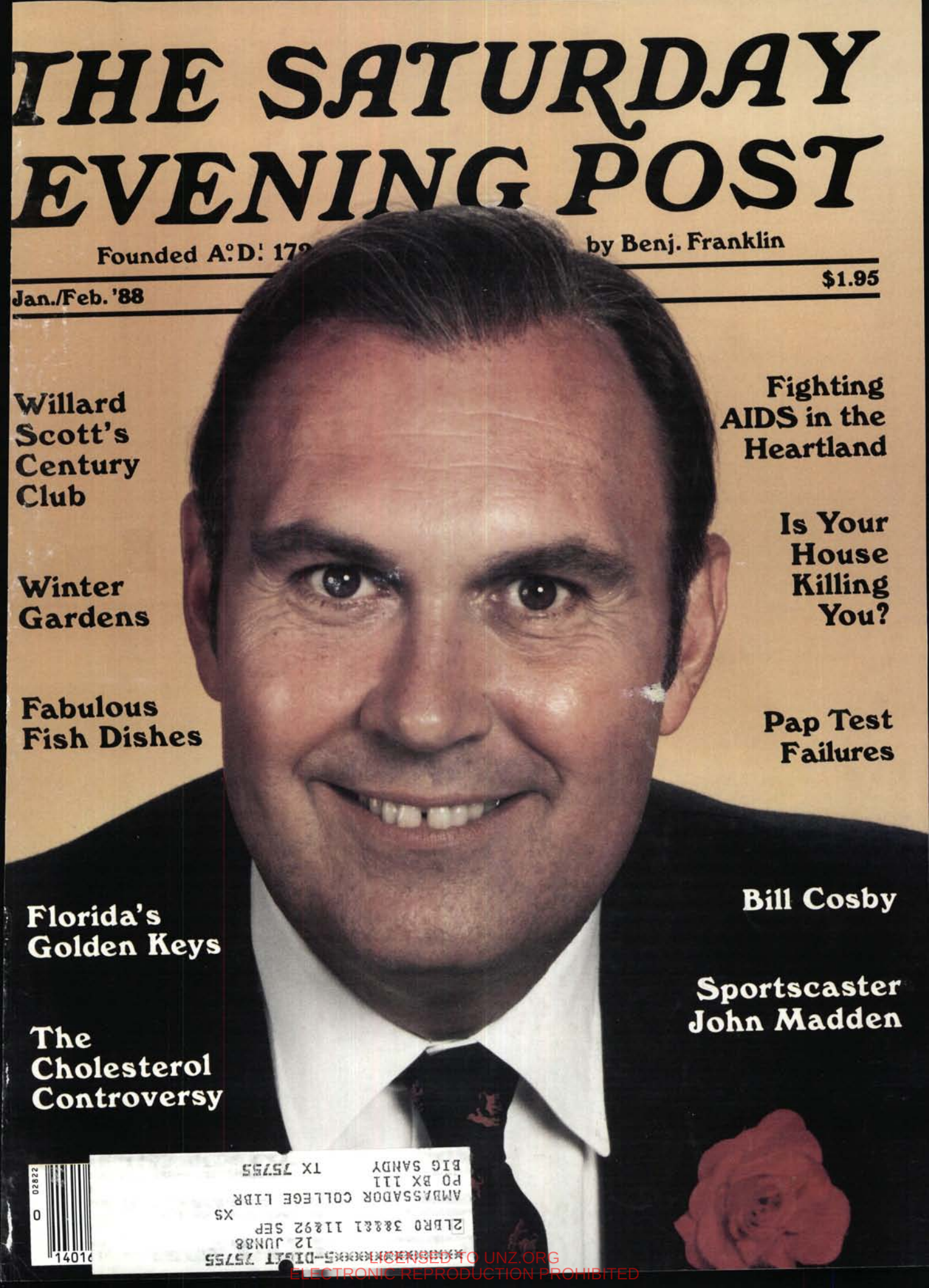

Willard Scott's Century Club

Winter Gardens

Fabulous Fish Dishes

Florida's Golden Keys

The Cholesterol Controversy

Fighting AIDS in the Heartland

Is Your House Killing You?

Pap Test Failures

Bill Cosby

Sportscaster John Madden

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PARSLEY
Known since ancient times, the Greeks fashioned *parsley* into garlands used to crown their victorious athletes, but did not eat it. The Romans not only ate parsley, but also placed it in bunches on their banquet tables and wore it in wreaths around their necks.
First cultivated in Sardinia, over forty varieties are now grown throughout the world. Parsley is used in both fresh and dried forms as a garnish and as a flavoring for meat, fish, soups and sauces.

Spice jars of the finest porcelain, each portraying a different work of Sister Hummel's adored art, each hand-embellished with 24kt gold.

Shown actual size.

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The Hummel Spice Jar Collection

Authentic M.I. Hummel®

The beloved art of Sister M.I. Hummel, now for the first time on a series of collector spice jars

Shown actual size.

Hummel Art ©ARS AG, Cham, Switzerland
©1987 MBI

Sister Maria Innocentia Hummel. Generations have delighted in her art.

Now, you have the opportunity to bring into your home *The Hummel Spice Jar Collection,* the very first spice jars ever to feature the beloved art of Sister M.I. Hummel.

Crafted of fine porcelain – decorated with 24kt gold.

The Hummel Spice Jars will be crafted of the finest porcelain in a classic shape inspired by antique European apothecary jars. The ivory-colored porcelain provides an ideal background for the subtle tones of Sister Hummel's art.

In addition, each jar will have an air-tight lid and will be hand-accented with precious 24kt gold and labeled with the name of a different herb or spice . . . parsley, basil, paprika . . . twenty-four in all, a different spice for each Hummel scene. The back of each jar will feature a brief history of the spice.

A handsome spice rack completes the collection – yours at no additional charge.

What better way to display your spice jars than in their own specially-designed spice rack. This handsome piece features three shelves plus a roomy drawer – perfect for storing recipe cards if you like. And it's ready to hang on the wall or sit on the counter – whichever you prefer.

Surprisingly affordable.

The Hummel Spice Jar Collection is available exclusively from the Danbury Mint. It will not be sold in even the finest gourmet shops or giftware galleries. And the original issue price is remarkably affordable . . . just $19.75 for each delightful jar. Moreover, this price is guaranteed to you for all twenty-four spice jars. And don't forget, the spice rack is yours at no additional charge.

Starting your collection is easy. You need send no money now. Simply return the enclosed Reservation Application. Of course, if you are not completely thrilled with any jar in the collection, you may return it within thirty days for a replacement or refund. And you may discontinue your subscription at any time.

Convenient acquisition plan.

Your first and last jars will be shipped individually. In between, you'll receive a set of two jars every other month. For your convenience, you need pay for only one jar per month. If you prefer, you may charge each spice jar to your VISA or MasterCard.

An heirloom-quality collection.

Like the Hummel figurines and plates so treasured by collectors, these charming spice jars will delight you and your family now and in the years to come. Think of what a thoughtful gift the collection will make when your daughter or granddaughter sets up housekeeping in a new home of her own.

Discover the joyful art of Sister M.I. Hummel . . . send in your Reservation Application today!

The Danbury Mint

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for *The Hummel Spice Jar Collection,* a series of twenty-four porcelain spice jars, each featuring a different work of art by Sister M.I. Hummel, each decorated in 24kt gold. A handsome wooden spice rack will be included at no extra charge. The cost of each spice jar is $19.75*.

I need send no money now. My first and last spice jars will be shipped individually. In between, I will receive a set of two spice jars every other month. I need pay for only one jar per month. Any jar that I am not completely satisfied with may be returned within thirty days for a replacement or refund, and this subscription may be canceled by either party at any time.

*Plus $2 per jar for shipping and handling.

☐ Check here if you want each spice jar charged to your:
☐ VISA ☐ MasterCard

Credit Card Number _____ Expiration Date _____

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

N-68

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Willard Scott's Favorite Fans—are his oldest: America's fast-growing group of centenarians. 26

The Fight Against AIDS—takes to the heartland, and Minnesota is heard from. 54

Bill Cosby Learns of Cholesterol—and now wanders America's culinary minefields, trying to avoid the steps that might be lethal. 58

Boom! It's John Madden—former pro-football coach who now comes *wham! . . . bam! . . . pow!* from the announcer's booth. 48

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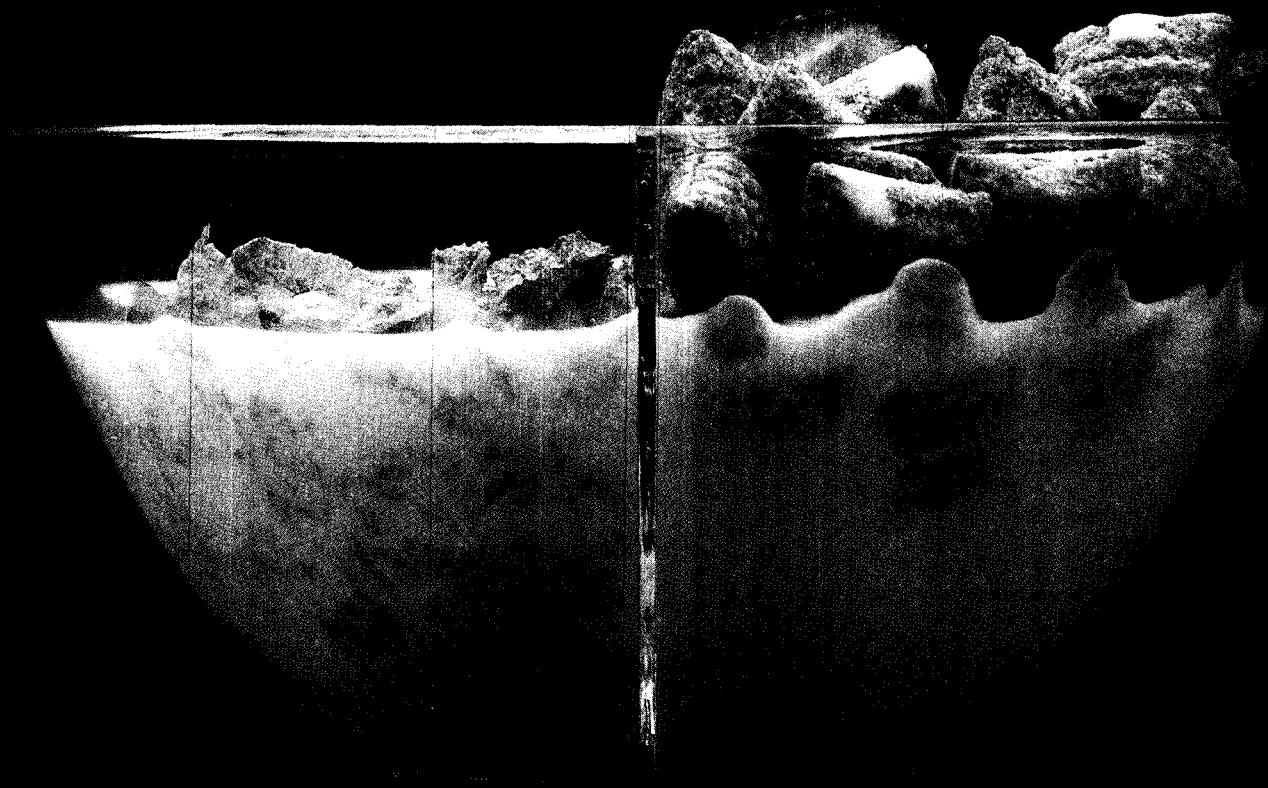
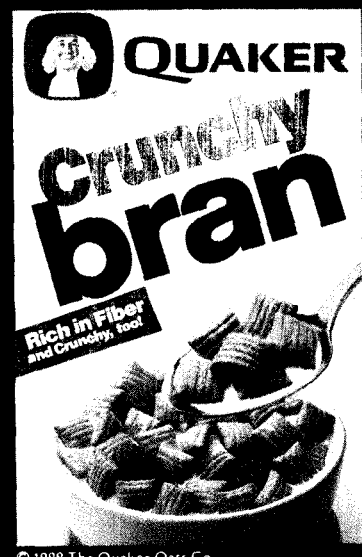
Rising to the top



Viewed from any angle, one bran cereal seems to rise above the rest. Crunchy Bran from Quaker. The high-fiber bran cereal made of tasty little air-tight pockets that float and stay crunchy in milk. So instead of bran cereal that turns to mush, you enjoy the crunchy taste of toasted bran.

Next time pour milk on top of Crunchy Bran.

And watch bran cereal go up in your estimation.



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Finally, high fiber goes crunch.

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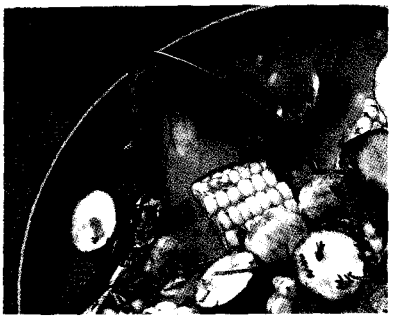
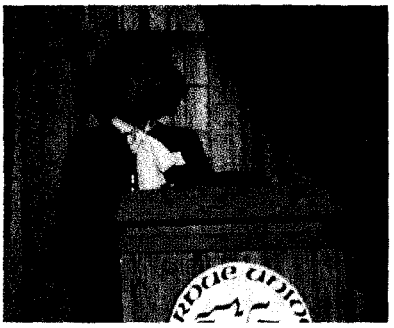
Is Your House a Killer—like the ones contributing to some 26,000 deaths a year from radon gas and other indoor pollutants? **50**



Seafood Dishes Become Exciting—with daring spices that match the flavor of the fish. **18**



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The Keys to Winter Sun—are Florida's 45-island chain and a cruise ship rechristened the *Stella Solaris*. **64**

The Home-Garden Landscape—best planned in winter after being stripped of its summer decorations. **38**

Letters

Just Say No

I read your article about AIDS and the tests in Memphis [Oct. '87]. You mentioned how Mr. Wilson of Holiday Inns wanted to be one of the first tested. It sounded as if he was a concerned citizen.

It then came as a shock to know that Holiday Inns is one of the main organizations showing vulgar, offensive movies at the Inn for customers. I am writing you because of your personal contact with him and your possible chance of influencing him to "clean house." Maybe some of his managers are doing this without his knowledge.

I appreciate your magazine, and many articles are helpful.

I would appreciate any action you would take to clear the Inn for decent people to use as their "home away from home."

Lee Craig
Palm Bay, Florida

Editor's note: Kemmons Wilson, the founder of Holiday Inns, sold his stock in the company and has since started up new hotels. We doubt that he has any influence on porn being in Holiday Inns, but you probably won't find any porn in his new Wilson World hotels.

Hazel Lives

Please tell Tessie Kennedy, of Ben Lomond, California (December '87), that Hazel is very much alive and just as funny and cheerful and wise as ever. Here in Du Quain, Illinois, I turn her on over CBN, just before I watch the "700 Club," that excellent "journalism with a different slant." Hazel at 8:30 a.m. (CST), the "700 Club" at 9:00 a.m. That would make it 6:30 and 7:00 in California, would it not? But each is on at other times daily. Perhaps Tessie can find out when. I heartily recommend both.

Marguerite E. Isom
Du Quoin, Illinois

Lacks Info on Lactose

Thank you for the informative article about milk-sugar intolerance in your September issue. I am especially interested in the method described for testing how much lactose can be toler-

continued on following page

EDITORIAL

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Willard Scott may not always know if it will rain on your parade or if the sun will come out tomorrow. But when it comes to overnight lodging at 50% off he can predict a lot of seniors will be racing to the great Howard Johnson Road Rally.

EVERYBODY WINS IN THIS ROAD RALLY.

If you're sixty or better, or belong to any national seniors' organization, you can get 50% off the regular rate at any participating hotel or lodge. Simply call 1-800-634-3464 and make an advance reservation.* (Or if you're in a hurry, you can still get 15% off anytime without a reservation.)

As the Road Rally Official, Willard says, "This is one special offer from Howard Johnson you don't want to sleep on." So call 1-800-634-3464 today.

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Offer valid through December 15, 1988.

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ated and would like to know where I might get more specific information.

Eunice Hopewell
Indianapolis, Indiana

Editor's note: The author of the article, Carmen Brining, recommends the book The Milk Sugar Dilemma: Living with Lactose Intolerance, *by Richard A. Martens, M.D., and Sherlyn Skinner, M.S., R.D., as a source for additional information about lactose intolerance.*

More About AIDS

Thank you for your efforts at presenting facts and realities about AIDS. It's terribly obvious we need to become educated and capable of dealing with this epidemic as it apparently will touch all of us—already is touching us.

Please send me Dr. Koop's *Surgeon General's Report on AIDS* or information as to how to receive it.

Dr. Koop is a very special man. Thank you for your articles, both on AIDS and his son David.

Sharron Crawford
Blachly, Oregon

Editor's note: Write to Surgeon General's Report on AIDS, *P.O. Box 6003, Rockville, MD 20857.*

I saw a piece on the Christian Broadcasting Network about your work with the AIDS epidemic. Do you have information that you could send that would help our local church understand and respond to the issue? We are studying the problem of AIDS to determine how we should respond from a sense of Christian compassion.

I would appreciate any information you might be able to share with us.

Daniel P. Whitley, Pastor
Clintondale Friends Church
Clintondale, New York

Post Praise

May I take this opportunity to say our family enjoys and appreciates every issue, and we enjoy a lasting relationship as members of The Saturday Evening Post Society.

Maureen Wicker
Reston, Virginia

Magnesium to the Rescue

After years of efforts to conquer an annoying leg ache, which disturbed me at night but gradually developed into much more than an annoyance, I sought the help of a specialist, who diagnosed the problem, without any testing other than questions, as "restless legs" and prescribed a pain pill and a muscle relaxant. Definitely not a solution!

After trying various vitamins to no avail, I saw an ad in *The Saturday Evening Post* for a magnesium supplement. Miracle! Within days I v no longer in pain, was sleeping lik baby, and could again focus on i portant matters instead of the hu ing!

Thank you for making so much formation available. It makes o wonder why doctors are not mc aware—over the years I've had s eral doctors show the same degree indifference.

Evelyn MacInto
Naples, Flori

Fan and Pan Letters

As a happy longtime subscriber, need to let off some steam:

The stories by Maynard Good Sto dard are delightful, unique, original, chunk of good laughs!

Thank you!

Manuela G. Koc
Los Angeles, Californi

We enjoy your short humor piece in the *Post*, the latest being "T Sleep, Perchance—" [Oct. '87]. Yo write well, as I guess one has to t become a Senior Editor.

But some of us are tiring of you using the same butt for your jokes—your wife. I'm surprised she hasn' divorced you by now. Every piece yo pen shoots barbs at your wife. I don' know the lady, but I do feel sorry fo her.

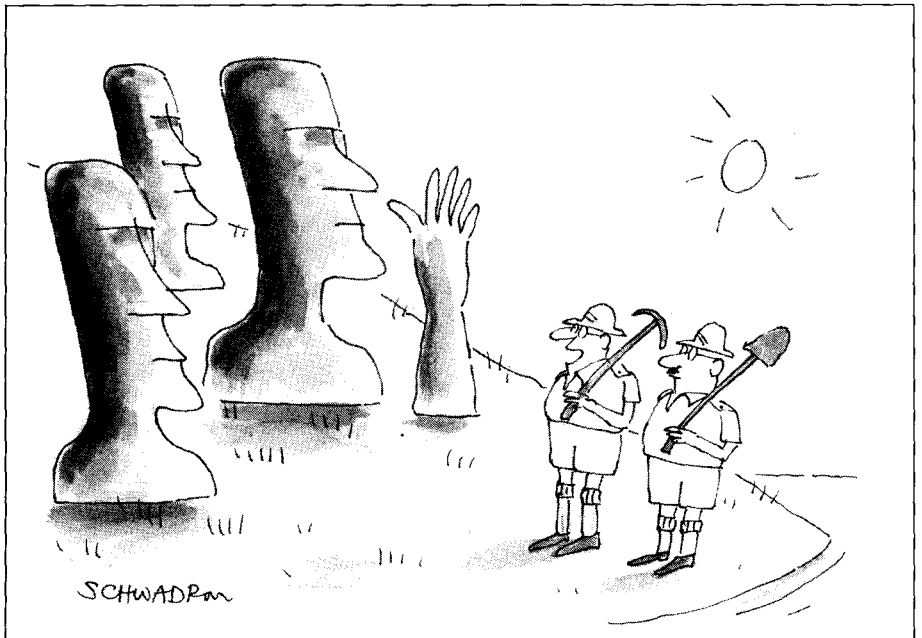
Let's have some variety now in your funny pieces as to who or what you poke fun at, and give your long-suffering wife a breather. Your present approach has become somewhat monotonous. With a well-lubricated brain such as you have, I'm sure you can give us a change of pace. At least try it. Why not get out of your home (in subject matter) and wander afield a bit—there's lots of good subject matter you could tackle, other than your long-suffering wife.

My kindest regards to Mrs. Stoddard.

J. G. Hunter
West Orange, New Jersey

More Fan and Pan Letters

The article "Nothing Less Will Do," by Gary L. Bauer (Nov. 87), is a masterpiece. Mr. Bauer has inspired and challenged his readers. What a responsibility we have! We must not fail to teach our children to love the things we love and honor the things we honor. May we also keep unstained what our forefathers found,



"Wait a minute, Dr. Hurley. I'm sure that wasn't there when we began excavating yesterday!"

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Freedom to Worship God.

Sarah Pressly
Due West, South Carolina

How could any staff member of your magazine accept Gary L. Bauer's manuscript for publication (Nov. 1987 issue)?

The first colonists were not those landing on Plymouth Rock. This writer obviously knows nothing of Jamestown, Virginia, established 1607.

Marian Kirk
Durango, Colorado

Thank you for the most interesting and enlightening article written by Gary L. Bauer, titled, "Nothing Else Will Do." Could we have more such articles on Americanism?

Vivian Cagle
Southgate, Michigan

About *Post* Graduates

I just wanted you to know I enjoy your magazine and was so glad when it was published again. I was a real fan of the *Post* as a kid. We always opened the *Post* to the very last page to see what "Hazel" was up to this time. I miss her. I always enjoyed the jokes and the "Post Scripts." The thing I liked the best was "Modern Spoonerism" by Colonel Stoopnagle. As you can see, he (whoever he was) did things to stories that brought much laughter. Does anyone on your staff remember these stories? I only saved three of them. One is dated Oct. 27, 1945, and the other is dated Oct. 20, 1945. I do not know when they started or how long they were printed. Does anyone know if there is any way to get them again? I called the large county library in my area, and she told me that she has had several calls on "spoonerism" lately. I'd have to go to Trenton to see (on film) the *Post* from 1947 to 1969.

Does anyone know how many of these stories were written in Spoonerism? I think it would be great to see them again in print. Keep up the good work on your magazine. It is good to have a magazine in your home of which you are not embarrassed if your kids look at it.

Cecilia McCorkle
Linwood, New Jersey

Feud with Mr. Rappoport

I've just read your article "Football Feuds—On the Field and Off" [Nov. '87]. Oh, it is quite evident that Ken Rappoport has never been in Alabama during the annual Iron Bowl Game when Auburn University plays the University of Alabama. It (the game) beats anything I've ever seen! Ask *any Alabamian*—this game gives the winning team bragging rights for years.

A War Eagle Auburn Fan
Jane Ann Lee
Hartselle, Alabama

I read with much interest Ken Rappoport's "Football Feuds" in my November issue of *The Saturday Evening Post*. Naturally the story line about Michigan and Ohio State tickled me. Mr. Rappoport could fill pages of stories just about that rivalry.

I thought that a positive side of this rivalry should be known: for many years at the time of the big game, both students and fans donate blood to the Red Cross in a contest in the name of their college. Can you imagine how grateful the Red Cross would be if more rivals did this? "Go Bucks!"

Mildred Van Ness
Mt. Vernon, Ohio

To Be Continued

Years ago I sold subscriptions to *The Saturday Evening Post* and read a leftover copy from cover to cover. Then when I found a steady job, I bought a subscription and kept it current for years.

Loved your articles, stories, and cartoons.

I work in a hospital now, and after years of not seeing or reading the *SEP*, I found your May/June '87 copy and got lost in it again.

Read your serial "A Salmon for the White House" and remembered why I dropped my subscription—Damn you for serials whose conclusion is continued—Damn the wait from one issue to the next to follow up on a story! Down with *The Saturday Evening Post*!

Robert York
Ashland, Kentucky

Too Much Sex

For a long time, I have been "singing" the praises of your magazine, telling everyone I meet about the wealth and variety of material you offer. And then I tell them, *The Saturday Evening Post* is one publication today that doesn't feel the need of

continued on page 10

The instant itch reliever

...faster than hydrocortisones

Instantly on contact. That's how fast LANACANE® Creme Medication starts working to relieve an itch.

Doctor recommended

LANACANE contains the special type of anesthetic used worldwide by doctors—for fast and lasting relief from pain and itching. Doctors know that's the fastest way to attack itching.

Hydrocortisones, like Cortaid® or Cortizone-5, work slowly and indirectly, and should be used *only* when inflammation is present. And hydrocortisones *don't* work on some of your most common itches because they contain *no* painkiller at all.

Works on all kinds of itching

LANACANE shuts off every kind of itch on contact. From insect bites to dry skin, to personal itching. It safely relieves irritated skin, no matter how sensitive. And its antibacterial helps speed natural healing. LANACANE even contains Aloe to soothe and moisturize.

Yet, for all that relief, ounce for ounce, LANACANE costs far less than leading hydrocortisones.

No wonder LANACANE is the world's leader in fast itch relief.

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The game of kings... now a work of art

PLAYING PIECES SHOWN ACTUAL SIZE OF 27MM.

Finely sculptured playing pieces of 22kt gold and silver on bronze.

Specially designed board of genuine leather and solid cherrywood.

The Excalibur Backgammon Set is a work of art as dramatic as the 5000-year-old game itself. Timeless as the magnificently decorated sets—now in museums—that were once the proud possessions of royalty.

The ultimate expression of imaginative design and artistic creativity, this splendid backgammon set takes its name from the enduring legend of King Arthur and his gallant Knights of the Round Table.

Crafted to the highest standards of quality. Each of the thirty playing pieces is a beautifully sculptured relief medal portraying an immortal character from the golden age of Camelot. King Arthur himself... Queen Guinevere...Merlin...Lancelot...Galahad—magical names, every one.

These playing pieces are crafted in 22 karat gold electroplate on solid bronze and in pure .999 fine silver plate on bronze. Each one is a work of precision and artistry.

Richly decorated backgammon board. The imported backgammon board, too, has been custom-designed for this set. Created with all the care traditionally lavished on the most elegant furniture, its

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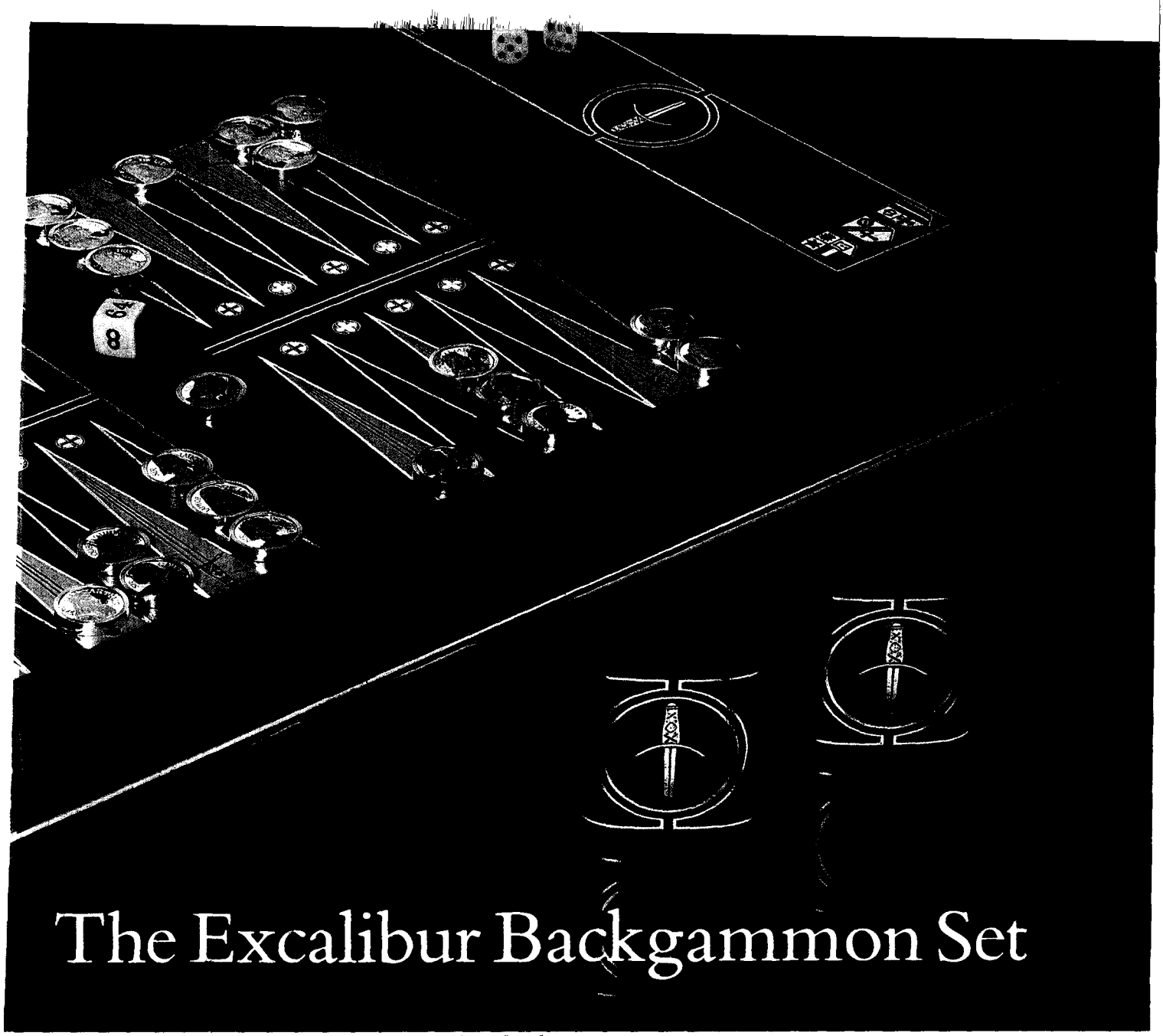

The Excalibur Backgammon Set

SET SHOWN MUCH SMALLER THAN ACTUAL SIZE OF APPROXIMATELY 26¾" X 14¾" X 3⅞"

© 1988 FM

frame is solid cherrywood and its surface is genuine leather—elaborately embellished with symbols of medieval heraldry. In addition, there are two compartmentalized drawers for storage of the playing pieces... two leather-cased dicing cups...two pairs of dice... and an oversized doubling cube.

You will receive two minted playing pieces every other month. But you will be billed for *only one* at a time—just $22.50 per month. The board and accessories are provided as part of the set.

To play and display with immense pride. Here is an opportunity to own a backgammon set like no other. A work certain to fascinate anyone who appreciates the truly distinctive and unique.

To acquire it, return the accompanying application by February 29, 1988.

SUBSCRIPTION APPLICATION

Exclusively from The Franklin Mint.
Please mail by February 29, 1988.
Limit: One set per subscriber.

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please enter my order for The Excalibur Backgammon Set, consisting of fifteen playing pieces in 22 karat gold electroplate on solid bronze and fifteen in pure .999 fine silver electroplate on solid bronze, plus a specially designed backgammon board, two dicing cups, two pairs of dice and a doubling cube.

I need send no money now. I will receive two playing pieces every *other* month, but will be billed for just one at a time—$22.50* per month—beginning in advance of my first shipment.

**Plus my state sales tax and 50¢ for shipping and handling.*

Signature _____
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either stories or articles on sex to improve their sales.

Therefore I was dismayed to read the article (advertisement?) by Paul A. Fleming, M.D., on page 103 of the October 1987 issue. I am well past age 40 and so are my friends (of which I have many) but don't feel the need for advice on sex. The topic is way overdone. Considering all that is written nowadays about AIDS, I believe that the promotion of sex should be put to rest.

H. H. Curtis
West Olive, Michigan

"Quality" Fiction

I want to tell you how much I appreciated your short story "The Quality of Mercy" (October 1987).

When much of our entertainment is based upon the exploitation of animals and when the feelings of power and excitement that arise from killing other creatures are condoned, it is good to read another point of view. Giving, rather than taking, life creates a more potent and positive sense of accomplishment.

Thank you for providing this alternative viewpoint for your readers.

Marcia Mueller
Spokane, Washington

An American Holiday

In reading this issue I was very impressed with "Speaking Out—Nothing Less Will Do," by Gary L. Bauer [Nov. '87 *SatEvePost*].

The following article is "Thanksgiving: A Celebration of Plenty." I take exception to your calling this a Christian holiday. It is an American holiday celebrated by most people who live in this country. I am an American Jew who was born of Jews from Russia and always remember Thanksgiving as American as Fourth of July, where my mother made traditional turkey with all the trimmings.

I think you owe all Americans an apology for the first paragraph in your article. I would like to hear from you.

An American of Jewish faith
Eva Seeman
Chicago, Illinois

Woodmen Spare Those Trees

Dear Mr. Andy Rooney:

I want you to know that I enjoyed your small article "To Kill a Maple Tree" on page 66-67 in [the April '87] *Saturday Evening Post* magazine—but, I must say that all that evil needs to triumph is for good men to do nothing.

I chose another course when I saw 31 Aleppo pines about to be chainsawed away, and I wrapped myself around the tallest one and told the Tucson city crew they would have to saw through me FIRST! They then offered to arrest me, fine me, and throw me into jail for my efforts. I thought that would be "just great," for I would dearly love to be thrown in the pokey on behalf of 31 beautif trees.

I won; they backed away and tl trees are standing still, bending every gentle breeze that cours through sunny Tucson. Perhaps- just perhaps—you could have dor the same. Maybe, next time?

P.S. I save mountains *too*, at m own expense.

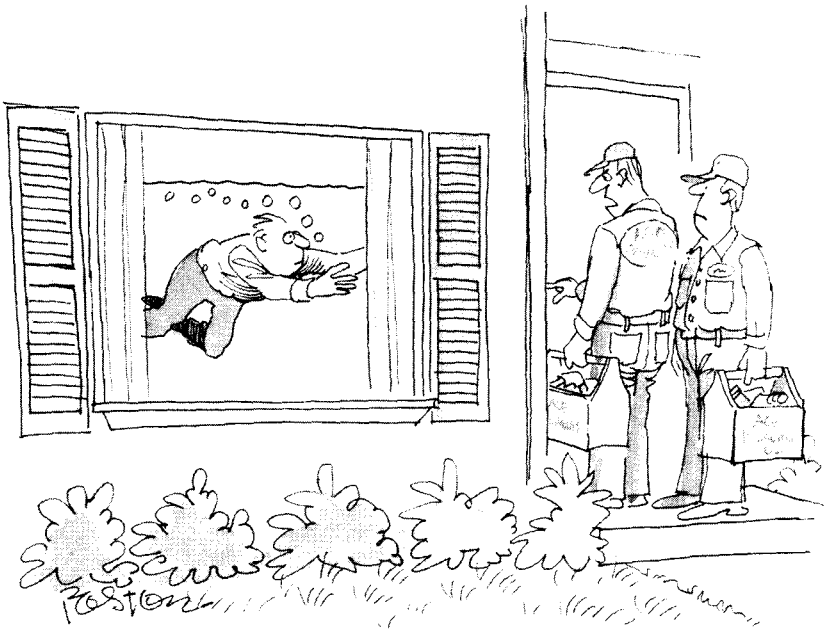
Arizona Bob Kubisi
Tucson, Arizon

Giving Us Both Barrels

The enclosed ad taken from th September issue of *SatEvePost* wil tell you why I am writing. I was great ly shocked when I found it in the Sep tember issue.

Have you not heard about the gur problem here in Southern California, particularly in the Los Angeles area? There have been killings on the freeways by guns being fired from passing cars. There have been eyes impaired by pellet guns. There are bank holdups with toy guns which look like real ones. There are too many cases to cite and it is alarming. It is hard for me to believe that you would allow an ad like this in an otherwise respectable publication, but here it is for just $4.95 each, a price almost anyone can pay for a gun that can put out an eye or do even more harm. I wish it hadn't been placed in the *Post*!

Mildred J. Farmer
Encinitas, California



"They're taking their time answering the door."

Editor's note: We do carefully watch the ads we run, and we refuse to accept many thousands of dollars each year for ads we feel are misleading or are for harmful products. We don't accept any kind of tobacco ads, for instance.

We did accept an ad for these toy guns after seeing a sample of the product. They use no propellant and are constructed of lightweight plastic in a not-too-convincing color.

Still, given their appearance, a few readers have expressed concern that these toys might be mistaken for the real thing with tragic consequences, and in view of the recent news stories about carpool cowboys turning the freeways into fire zones, we have notified the advertiser that we can no longer accept this advertisement.

So you see, the system does work. You saw something you didn't like.

continued on following page

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Fact:

"The Toy Maker," the first plate in the Rockwell Society Heritage series, cost $14.50 when it was issued in 1977. It recently traded at $160.00—an appreciation of *more than ten times.**

Fact:

"Grandpa's Gift," the new first issue in the Rockwell Society's Golden Moments collection endorsed by The Norman Rockwell Family Trust, is now available at the $19.90 issue price.

You can draw your own conclusions from the facts above. We at the Bradford Exchange have already drawn ours. As the world's largest trading center for collector's plates, we think "Grandpa's Gift" could go up in value just as dramatically as other exceptional Rockwell Society plates.

Consider the evidence.

It's a genuine work of art.
"Grandpa's Gift" is certified as a *Rockwell classic* by the Rockwell Society of America and authenticated by The Norman Rockwell Family Trust. Each plate is hand-numbered and the edition is limited to 150 firing days.

It's an important first issue.
"Grandpa's Gift" is the first plate in the Rockwell's Golden Moments collection created under the hallmark of the Edwin M. Knowles China Company—North America's oldest name in fine china.

And it's likely to increase in value.
Seven of the top ten Rockwell plates trading on the secondary market are Rockwell Society issues. And Rockwell Society first issues are currently trading at an average of *four times* issue price.

"Grandpa's Gift"

by Norman Rockwell
First plate in the Rockwell's Golden Moments collection.
In full color on fine Knowles China.

© 1987 Knowles China

Actual diameter: 8½ inches

Of course, not all plates go up in value; some go down. But all evidence points to a possible early sellout for "Grandpa's Gift." So place your order today, while it's still available at the original issue price of $19.90—before it's had a chance to increase in value.

*As reported in the Bradford Exchange *Current Quotations* dated August 31, 1987.

Your 365-Day Guarantee

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a check for everything you have paid, including postage, without the necessity of a resale transaction.

Complete the buy-order form and mail it to:

The Bradford Exchange
Trading Floor
9345 Milwaukee Avenue
Chicago, Illinois 60648

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783

Buy-Order Form

Please respond by:
February 29, 1988

The Bradford Exchange
Trading Floor
9345 Milwaukee Avenue
Chicago, Illinois 60648

YES. Please enter my buy-order for "Grandpa's Gift," first plate in the Rockwell's Golden Moments collection. *Limit: one plate per customer.*

I understand that I need SEND NO MONEY NOW. I will be billed the $19.90 issue price, plus $1.94 postage and handling ($21.84 total) with shipment of my plate.

X _____
Signature Date

_____
Name (please print)

_____
Address

_____
City State Zip

( )
Area Code Telephone No.

Please respond promptly: Plates are produced in a limited edition, and we can guarantee availability at issue price only until the edition is sold out. We'll ship your plate in four to six weeks.

2491-E91509

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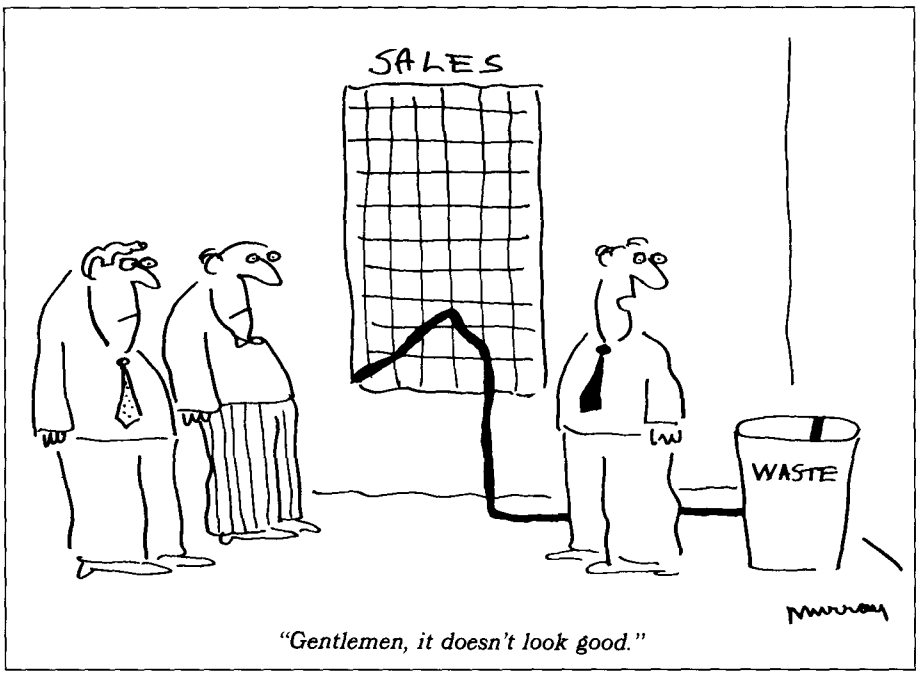

"Gentlemen, it doesn't look good."

You spoke out. Responsible parties responded, and a change was made.

The next time somebody tells you that nobody cares what the public thinks, that nobody will do anything anyway, tell them about The Saturday Evening Post. *We listen. We care. We make things happen—thanks to you.*

Aging-Article Untruths

You printed an article entitled "New Options for the Aging," by Marshall Loeb in your October issue of *The Saturday Evening Post* that was full of untruths. Your first untruth is the statement that only home health agencies approved by Medicare are qualified good ones. This is untrue because many of them that are not working under Medicare are qualified but prefer not to work under Medicare because of the restrictions and hassle.

The second untruth is that private health insurance rarely pays for nursing-home care, which, of course, are Medicare supplements, but you lump private insurance in with long-term-care insurance (nursing-home insurance) and don't tell about it at all. I have been in the longterm-care insurance for over two years and represent some good companies offering this type of insurance. Also, I am an associate member of the American Health Care Association's local chapter. I've enclosed some information for you to read and then ask you why you didn't research your subject a little more in detail. Please call me and get an education about longterm-care insurance. There are over 30 companies offering it.

E. D. Flournoy
San Diego, California

Please Pass the *Post*

The sweet (no cigarette ads) copy of *SatEvePost* was most welcome. I thank you very much for the April copy containing the salmonella piece.

With our love for *SatEvePost* ever since our wedding day, it was a sad day when it was discontinued. By the time *SEP* was again in production, we were far into our Social Security years and couldn't afford it. And now, seeing the *SEP* copy you sent, the desire was again surging to subscribe in spite of octogenarian expenses when we learned quite by coincidence that our son's family, who lives next door, receives *SEP* on subscription and are more than willing to pass it along to us. Strange, isn't it, the things families don't discuss?

And now with sincere thanks to you for the April copy (with the wonderful story of Diane Sawyer and Catherine Marshall) of *SEP*. I want to wish you God's blessing in your work.

Clara M. Ogden
Cromwell, Indiana

Any Questions?

Just finished your wonderful article in *The Saturday Evening Post* on AIDS. Enjoyed it very much. In this article you stated having difficulty getting the questionnaire distribute nationwide. The thought came to m that you might have the answer i your own backyard. By that I mea the headquarters of the America Legion is in Indianapolis, and wh else is as well represented in each city village as they are throughout th country? Most of the members ar retired such as I am and are lookin for something to do. The legion head quarters could easily throw thes questions out to the members in th monthly magazine. Quite sure yo would get a good response from them. They answered a call from thei country once and I'm quite sure they would answer again.

You could also ask the other veteran organizations for help.

Eugene C. Bartlett
Green Valley, Arizona

The Other Side of the Coin

In regard to the Mexican Holiday Travel Brochure ("All Across Mexico," October 1987), I can only remember the faces and voices of the Mexican people seen and heard in their world of great poverty. Many of the homes and environments are nothing like this article portrays them to be, for example, Mexico City. Not all of Mexico is glitter and sand; perhaps if more tourists looked outside their own frivolous needs, the real conditions would appear.

The second article gives a more accurate picture of the severe conditions faced by so many of the people. Tourism and other industries controlled mainly by American businesses do very little to help the inhabitants' increasing health and population problems. Too many Mexican people face starvation and disease because of low wages and inadequate housing.

The beauty of Mexico makes us all forget the tragedy the people here face every day. The beaches and holiday festivities make for a wonderful time for "rich Americans and the like to enjoy," but the begging and stealing are a way of life that is sustained by too many people in a place that outsiders enjoy so much. Although the tourist and other industries are growing, the Mexicans gain little, whereas the tourists and the large corporations that own the businesses reap the profit.

Leslie Hyggen
Victoria, British Columbia

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Indulge your taste for fine art

Hand-painted porcelains from the foremost authority on culinary arts.

The great country houses of 17th-century Europe displayed a lovely new art form–hand-painted porcelain moulds.

This collecting tradition takes beautiful *new* form in six sculptured moulds of the finest porcelain. Lavished with hand-painted colors and French country charm from Le Cordon Bleu de Paris.

Even connoisseurs of the art have never seen porcelains of this quality–the first ever authorized by the world-leading culinary institute. Each is glazed to a lustrous finish, complete with its own specially created recipe from Le Cordon Bleu.

Culinary art to enhance every decor. Classics to complement your style...and good taste.

SUBSCRIPTION APPLICATION

Please mail by February 29, 1988.

Le Cordon Bleu de Paris
c/o The Franklin Mint
Franklin Center, Pennsylvania 19091

Please enter my subscription for The Cordon Bleu Porcelain Mould Collection, consisting of six imported moulds of lustrous, hand-painted porcelain.

I need send no payment now. My moulds will be sent to me at the rate of one every other month, and I will be billed for each one in two monthly installments of $18.75* each, with the first payment due before the mould is sent to me.

*Plus my state sales tax and a total of $1. for shipping and handling.

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THE CORDON BLEU PORCELAIN MOULD COLLECTION

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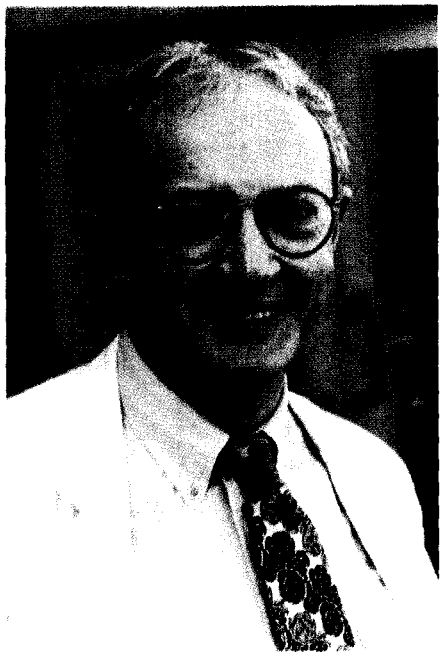
Post People

Dr. Frank Lilly is the only Presidential AIDS Commissioner who is a self-professed member of a high-risk group (homosexual). Dr. Lilly wants to identify genetic factors that influence a



person's susceptibility or resistance to the AIDS infection. "Now that's a subject about which nothing is known in humans," he says. "In mice there is a great deal of information about genetic factors that make mice susceptible or resistant to infection with various retroviruses." (The HIV that causes AIDS is a retrovirus.)

Peter Michael

Penny Pullen, the only legislator on the Presidential Commission on the HIV Epidemic, has sponsored several bills, now Illinois laws, about AIDS. "It shouldn't be necessary to pass legislation to require public-health authorities to act in accordance with their training and traditional public-health practices, but until they make the decision to go forth boldly and protect the public from this disease, it may be necessary to enact legislation that requires them to do what they can to determine who is carrying the virus," Pullen says.

Peter Michael

"My biggest area of expertise is that I'm running [the Oregon] health department through this whole . . . epidemic," says nurse ***Kristine M. Gebbie,*** an outspoken new member of the Presidential Commission on the HIV Epidemic.

"We've got to be more active in our outreach in education," she states. "Here we are trying to tackle a question of getting to addictive drug behavior and changing sexual practices. Very hard things for our culture to face up to—but ones that have to happen if we're to stop this epidemic."

Dr. Beny J. Primm, a drug-abuse authority, draws chuckles with his street knowledge about his subject: "First you want to issue clean needles to the drug addicts, but that won't guarantee prevention of AIDS if they continue to use their dirty cookers. Do you give them clean cookers? And what about giving them sterile cotton to wipe their clean needles?" he jests. "If you give them sterile cookers and cotton, what about issuing them the illicit dope to

put in the cooker?" He is a refreshing new member of the Presidential Commission on the HIV Epidemic.

Dr. Colleen Conway-Welch, dean of nursing at Vanderbilt University, who adds charm and expertise to the pres-

Peter Michael

idential AIDS commission, says, "The issue of safeguarding the health of health-care team members who are knowingly treating AIDS patients is as important as establishing protocol for treating patients whose exposure to the virus is unknown."

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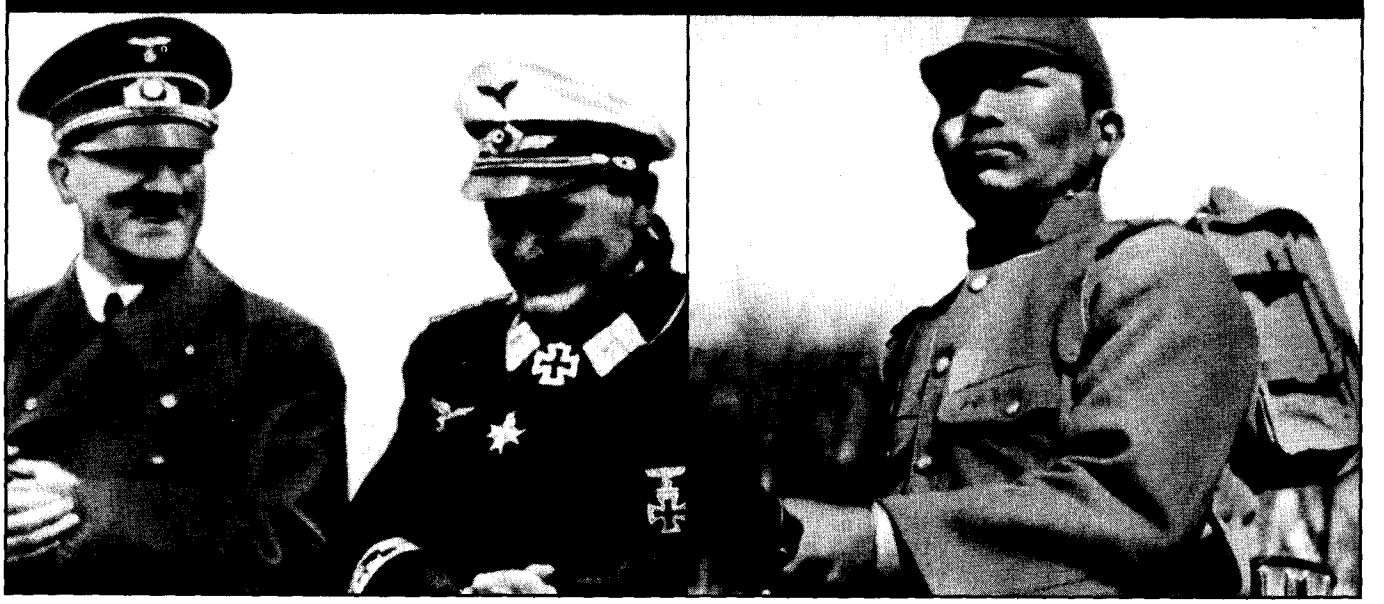
FACE THE ENEMY ON EITHER FRONT.



CHOOSE "THE GERMAN HIGH COMMAND" OR "THE PACIFIC CAMPAIGN" AS YOUR INTRODUCTION TO WORLD WAR II WITH WALTER CRONKITE.

Narrated by Walter Cronkite

The most difficult task the U.S. faced in World War II was fighting the war on two fronts.

To the East was Hitler, a man described as evil itself. To the West was Japan, one of the most brutal and unconventional enemies we'd ever fought.

Now you can witness the events of the war on either front. Just choose either "The German High Command" or "The Pacific Campaign" as your first videocassette in the landmark series, WORLD WAR II WITH WALTER CRONKITE.

In "The German High Command," you'll meet the men who surrounded Hitler—madmen like Joseph Goebbels, who found Nazism the perfect outlet for his fierce hatred. And you'll meet the courageous few who dared defy Hitler.

In "The Pacific Campaign," you'll see Japanese forces widening their stronghold in the Pacific. You'll watch the U.S. intercept Japan's surprise attack on Midway, go on to capture a chain of crucial islands—and finally, turn the tide of the war in favor of the U.S.

Both "The German High Command" and "The Pacific Campaign" use actual combat footage shot on both sides. And either videocassette is yours for just $4.95 plus shipping and handling when you subscribe to the series.

As a subscriber, you'll receive one new videocassette approximately every 6-8 weeks, always for a ten-day, risk-free trial. Each 90-minute cassette comes in a matching gold-embossed collector's slipcase, and features up to five full episodes on a special chapter of the war. Each cassette costs just $49.95 plus shipping and handling. There's no minimum number of cassettes to buy, and you can cancel your subscription at any time.

See World War II through the eyes of men who fought it. Get "The German High Command" or "The Pacific Campaign" for just $4.95 plus shipping and handling, by sending in the coupon. For faster service, use your credit card to order, and call toll free, **1 800 CBS-4804.** (In Indiana, call 1 800 742-1200.)

CHOOSE EITHER CASSETTE FOR JUST $4.95.

plus shipping and handling with subscription

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CBS VIDEO LIBRARY

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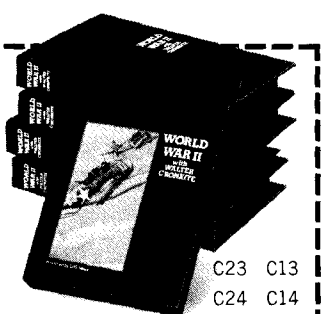
YES, enter my subscription to *World War II With Walter Cronkite*, under the terms described in this ad. Send me the cassette I've chosen below for the introductory price of just $4.95 plus $2.45 shipping and handling, which I'm paying as indicated below *(fill in)*. Also send me future cassettes (at $49.95 plus $2.45 shipping and handling) on ten days' approval, with no obligation to buy.

Please send me (check one): ☐ **"The German High Command"** ☐ **"The Pacific Campaign"**

Check one: ☐ **VHS** ☐ **BETA** **Check how paying:**

☐ **CHECK ENCLOSED** for $7.40* ($4.95 + $2.45) Future cassettes billed with shipment.
☐ **CREDIT CARD** Charge my series purchases, beginning with $7.40* for my first cassette, to:
☐ **American Express** ☐ **VISA** ☐ **MasterCard** ☐ **Diners Club**



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LIFE INSURANCE FOR INVESTORS

Single-premium life may be the best policy for avoiding the tax man and saving for the future.

by Joseph Anthony

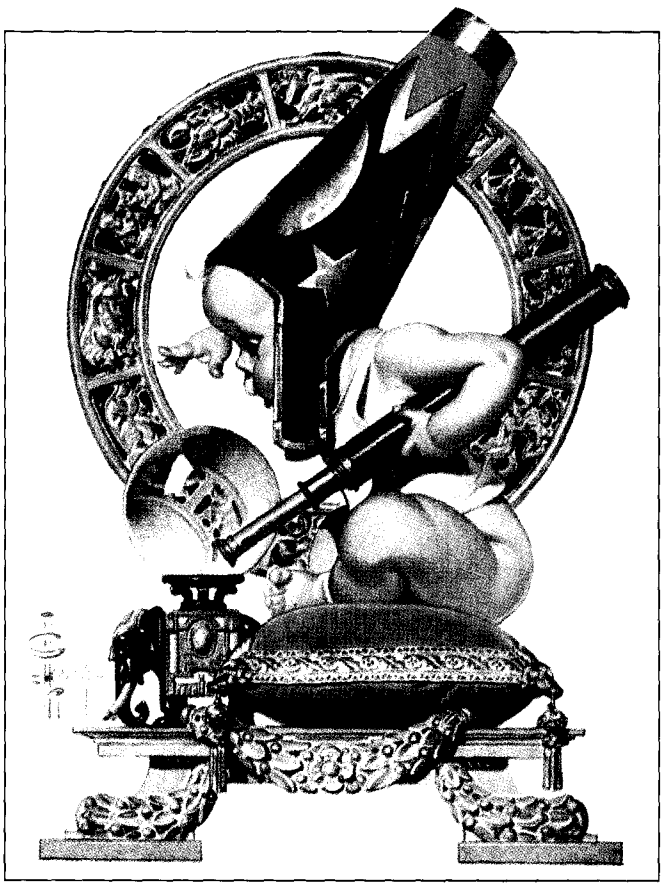
In the upside-down world of life insurance after tax reform, one of the hottest products has a premium paid all at once instead of over several years. It appeals more to people who want an investment than to those who need insurance. And it represents one of the few ways remaining, after tax reform, of sheltering income.

The name of the product is single-premium life. If you've heard of it only recently, don't be misled—it's been around for a number of years.

In 1986, insurance companies took in $4.1 billion in single-premium policies. For just the first quarter of last year, premiums totaled about $2 billion, according to preliminary estimates by the Life Insurance Industry and Research Association.

The way single-premium works is quite simple. You make a one-time payment, usually of $5,000 or more, which goes into an investment fund. Earnings are usually based either on an interest rate adjustable every one to three years (this policy is called "single-premium whole life") or on the returns from a company-sponsored mutual fund (called "single-premium variable life"). Earnings in the account are tax-deferred until the policy is canceled (or "surrendered," in insurance lingo).

The principal (the amount you originally invest) in single-premium *whole* life is guaranteed despite the interest-rate variations, and there is often a guaranteed minimum annual return on the investment. Investors willing to risk principal in exchange for potentially greater returns can opt to purchase single-premium *variable* life. They could get higher returns with a variable policy if the underlying investments do well, but they could also lose principal if those investments happen to do poorly.



The policy he receives as a child will grow by college time into a neat nest egg from which he can borrow at no cost.

Many financial planners feel that single-premium whole life is a solid investment. Says Andrew Gross, a Washington, D.C., planner, "Its yield is often comparable to that of a bond fund without the risk to principal [that bond holders can experience] if interest rates spike up, as happened [in 1987]." Mo planners advise investors t be cautious about singl premium variable life, how ever, because of the risk c losing principal.

Along with the invest ment possibilities availabl with single-premium life you also get a relativel small amount of life insur ance—but remember, sin gle-premium life is designe mainly for investors, no for people who need insur ance. However, the younge you are, the greater the amount of insurance you receive. For example, one company offers a 30-year-old woman $29,300 in insurance with a $5,000 single-premium whole-life deposit. A 55-year-old man opening precisely the same account would receive only $11,525 in life insurance.

In addition to protecting investment income from the tax man, another advantage of single-premium insurance is that you can make tax-free withdrawals by borrowing against the cash value in your policy. (Cash value is the money you put into the policy, plus any interest the investment has earned.) You don't have to pay taxes, because you are *borrowing* the money, not *withdrawing* it. In addition, these loans are usually interest-free, because the interest rate charged on the loan is generally calculated to equal the interest rate earned on the policy. For example, if the policy pays 7.5 percent interest, the loan rate will also be 7.5 percent, so the net result is a loan at no cost. And final-

continued on page 99

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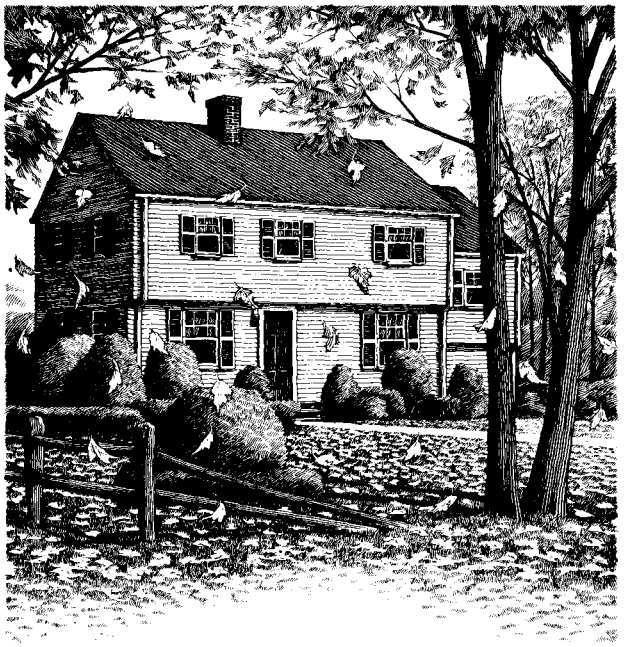
Signal's Mortgage Purchase Plan:

The end of your retirement worries.



When you sold your home, did you take back a mortgage? If you did, you could be faced with more than you bargained for. . .worries about collecting monthly mortgage payments. . . keeping records on taxable interest income. . .even foreclosing if the buyer stops making payments. With Signal's Mortgage Purchase Plan, you could get a lump sum cash payment for the mortgage rather than receiving monthly payments. Cash you can spend, save or invest.

Signal can give you the cash now.

Signal can buy your mortgage—conventional or balloon—and give you a lump sum cash payment. This lump sum payment will likely be less than your present mortgage balance. Selling your mortgage to Signal will not change the terms you arranged with the buyer of your home. With the Mortgage Purchase Plan from Signal, you'll get cash on the spot and the buyer will make all future payments to Signal instead of to you. We'll even complete the purchase of the mortgage by mail.

For over 50 years, Signal has been providing mortgage lending services. Our parent company, CoreStates Financial Corp, has assets of approximately $14 billion and is also the parent of The Philadelphia National Bank and Hamilton Bank.

To learn more about the Mortgage Purchase Plan, just call **TOLL-FREE 1 (800) 528-6060, ext. 2040,** any time 24 hours a day, 7 days a week. Or fill in the coupon below and send it today. There's no cost or obligation to find out more about Signal's Mortgage Purchase Plan.

SP1

Please call me about your Mortgage Purchase Plan.

Name _____

Address _____

City _____ State ____ Zip _____

Phone No. (___) _____

Send to: Signal Financial Services
210 Robinson Plaza Three
Pittsburgh, PA 15205-1073

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FOOD

FABULOUS FISH

Skip the traditional marinade of lemon, pepper, and butter—Ann Clark has cooked up 180 exciting new ways to season fish and seafood.

by Christopher Irwin

If your kit for flavoring fish includes only lemon and pepper and perhaps a bit of dill, you should consider spicing it up. Ann Clark, the founder of La Bonne Cuisine Cooking School in Austin, Texas, advocates more daring flavoring as the key to exciting seafood cooking.

Her innovative recipes for fish and shellfish begin where more timid cooks' recipes leave off. After raiding the cabinet for all the usual spices, she proceeds to add unusual seasonings o her own. Fennel, saffron, cumin, re peppers, chilies, raspberry-wine vine gar, sesame oil, rice-wine vinegar, wal nuts, and pomegranate seeds—all ca be "marvelous" with fish, she says.

The trick is to match the flavor o the fish with the proper combinatio of seasonings. Fatty fish (mackerel sturgeon, bluefish, and less strongl flavored tuna and salmon), for exam ple, stand up well to strong season ings, such as horseradish, vinegars, capers, and fresh ginger. Lean fish (red snapper, halibut, and sole) marry well with herbs, onion, and garlic. It's all clearly spelled out in her recent book, *Ann Clark's Fabulous Fish: Easy and Exciting Ways to Cook and Serve Seafood*, along with helpful hints for finding the freshest fish.

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Don't be shy, she admonishes: sniff, touch, and ask questions. Because seafood deteriorates quickly, feel the display case to check the refrigeration; have purchases packed with ice, and don't forget to stop by the spice counter before heading home to the kitchen.

Baked Whole Fish à la Provençale
(Makes 4-6 servings)

This is one of the easiest and most delicious ways of cooking a whole fish. In Provence in the summer the air is filled with warm aromas of wild thyme, rosemary, summer savory, fennel, oregano, and sage, all mingled with exquisite lavender, so the traditional Provençal seasoning mixture for fish always includes dried lavender. The herbal mixture here can be made up in large quantities and kept on hand or given to friends with instructions for making the marinade (simply add 3½ tablespoons of the mixed herbs and seasonings to the lemon juice and olive oil).

3- to 3½-pound whole sea bass, cleaned and scaled with the head and tail left on (see note)

Provençal Marinade

1 tablespoon fennel seeds
1 teaspoon dried thyme
1 teaspoon dried rosemary
1 teaspoon dried summer savory
½ teaspoon dried basil
½ teaspoon dried oregano
Pinch of dried sage
2 teaspoons salt
½ teaspoon freshly ground black pepper
⅓ to ½ cup fresh lemon juice
½ cup extra-virgin olive oil
Sprigs fresh thyme, rosemary, oregano, sage, or parsley, for garnish

Rinse fish in cold water and wipe with damp cloth. With sharp knife, score fish on both sides, cutting two or three large overlapping X's about ½" deep. Place fish in glass or metal baking dish—oval is best.

Crush fennel, herbs, salt, and pepper together in mortar. Add lemon juice and stir to dissolve salt. Mix in olive oil. Pour this marinade over scored fish and turn to coat well. Refrigerate, turning once, 1-2 hours.

Bake fish uncovered at 425° F., allowing 10 minutes per inch of thickness (measure at thickest part), about 30-40 minutes. Baste fish several times with marinade while baking. Test for doneness by inserting small knife under flesh at backbone; if fish is done, flesh flakes easily and looks milky white rather than gray and translucent.

To serve, place on heated oval platter and, with sharp knife and serving spatula, make two or three vertical cuts across fish. Slip knife in at backbone horizontally and slide knife across top of bones from gills to tail to detach flesh from bones. Remove two or three neatly cut portions with spatula. Detach spine at base of head with one sharp cut and remove to another plate. Make two or three more vertical cuts through flesh and skin, and serve, garnished with sprigs of fresh herbs.

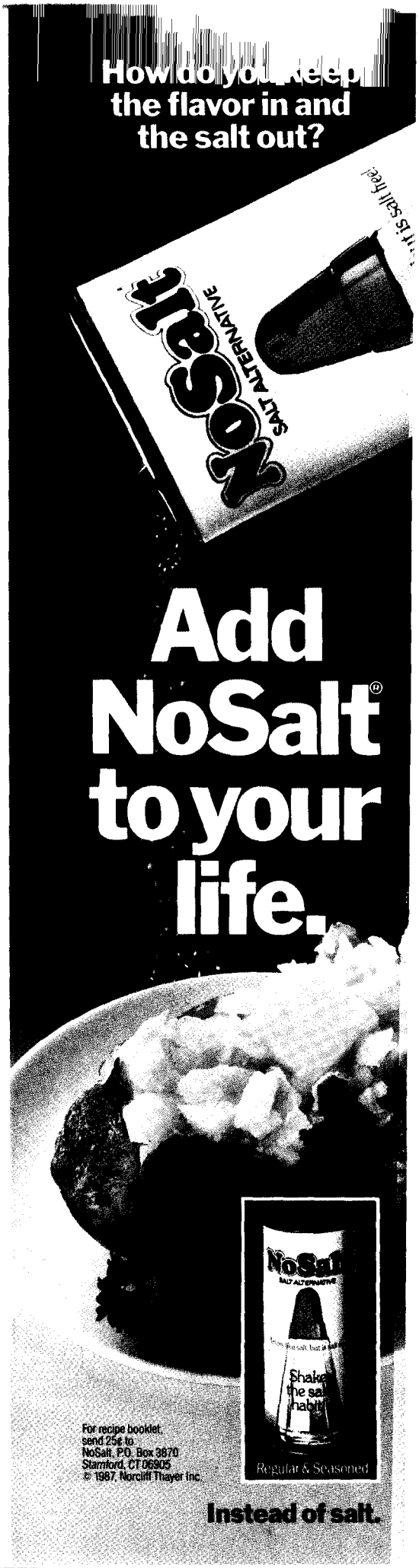
Note: You can also use whole redfish, red snapper, pompano, porgy, drum, rockfish, or sheepshead. This dish is also good made with large fillet of bluefish, or thick tuna or swordfish steak.

Fish Soup with Corn and Zucchini
(Makes 8-12 servings)

Keep bottled clam juice and canned tomatoes on hand to make this delicious and healthful soup often. It's a perfect dish to serve easily to a large group. You use only one big pot for cooking. Ladle the soup from the pot, soup-kitchen style, placing soup bowls and piles of crusty sourdough bread in the kitchen and letting guests serve themselves. If not all the fresh herbs in the recipe are available, use as many fresh as you possibly can. Poblano peppers, if available, can be added; their smoky chili flavor will give this fresh, clean-tasting soup a Mexican touch.

¼ cup extra-virgin olive oil
3 large cloves garlic, mashed to a paste with a fork
2 cups yellow onion, finely minced in a food processor
¾ cup dry white wine
2 cups bottled clam juice
6 cups canned, peeled Italian plum tomatoes, puréed with juices, or ripe fresh tomatoes, peeled, seeded, and puréed
2-3 zucchini or yellow squash, sliced

For an extra-flavorful seafood feast, serve healthful Fish Soup with Corn and Zucchini (left) or easy-to-make Baked Whole Fish à la Provençale.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½" thick
1 or 2 poblano peppers, roasted, peeled, seeded, and chopped (optional)
2-3 ears of sweet corn, cut into 2" pieces
1 10-ounce package frozen corn
Salt and freshly ground black pepper to taste
1 teaspoon chopped fresh chives or ½ teaspoon dried
1 teaspoon chopped fresh oregano or ½ teaspoon dried
1 teaspoon chopped fresh thyme or ½ teaspoon dried
1 teaspoon chopped fresh basil or ½ teaspoon dried
1 teaspoon chopped fresh rosemary or ½ teaspoon dried
1 pound medium shrimp, shelled with tails left on (see note)
1 pound sea scallops, well cleaned of sand, cut in half, or bay scallops, left whole (see note)
½ cup chopped fresh Italian parsley

Heat olive oil in 6-quart or larger heavy-bottomed casserole. Add garlic and onions and gently cook about 8-10 minutes or until soft. Add wine, turn heat up, and cook briskly 5 minutes. Add clam juice and tomatoes and simmer 15 minutes.

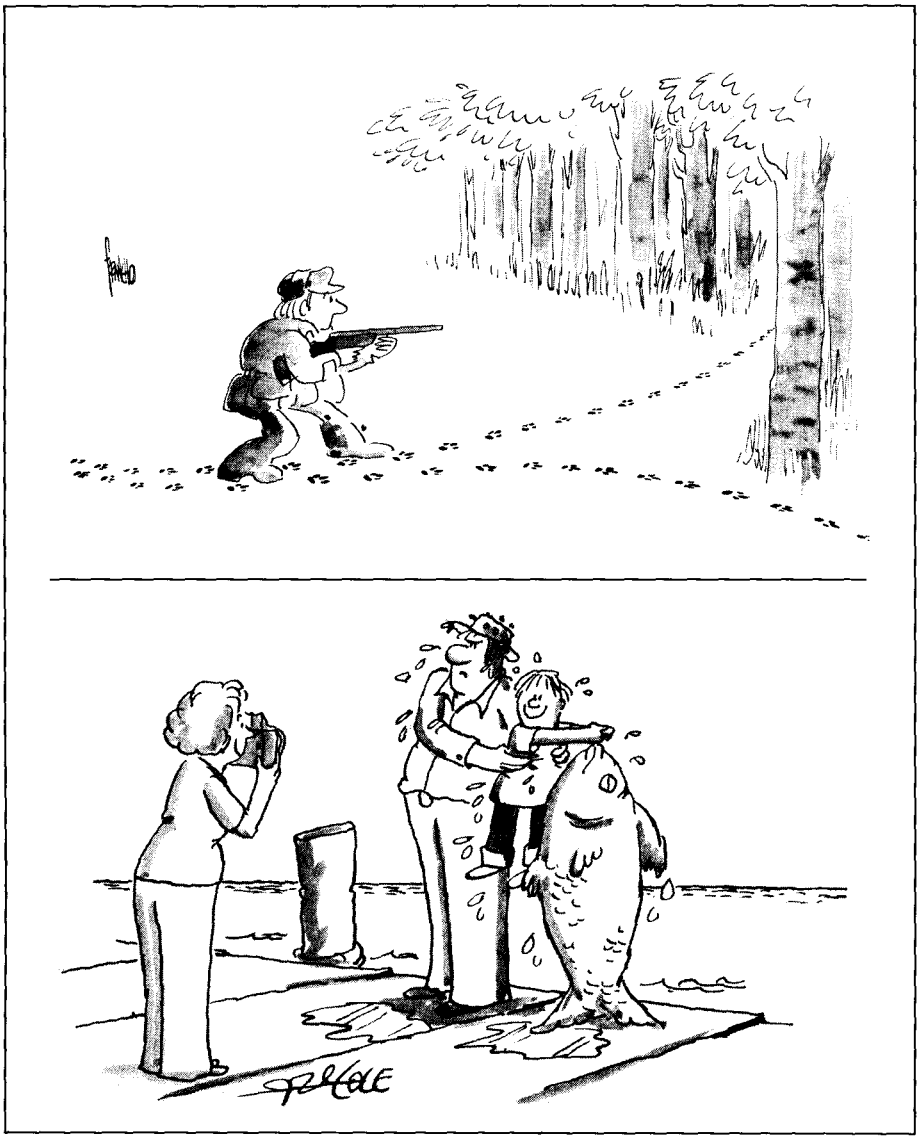
The recipe can be prepared ahead at this point, cooled, and refrigerated overnight. Gently reheat and proceed.

Add zucchini, peppers, corn, salt, pepper, chives, and herbs and cook 5-7 minutes.

Stir in shrimp and scallops, and cook only 3-5 minutes or until shellfish is done. Taste for seasoning.

Stir in parsley just before serving.

Note: This soup is excellent hot or cold, or left over as sauce for pasta. Fresh lean fish fillets cut in pieces or other fresh shellfish such as mussels, oysters, or crab may be used in addition to or in place of shrimp and scallops.



Fish with Walnuts, Red Onions, and Pomegranate Seeds

(Makes 2-4 servings)

You will find variations on this combination of flavors with fish throughout the Middle East and in southern Russia. Pomegranates give a fresh, clean, tart taste, and the fish looks as if it is stuffed with rubies! Use citrus juices to replace the pomegranate seeds if they are unavailable.

1 3-pound whole fish, cleaned and scaled with head and tail left on (see note)
2 teaspoons salt

Stuffing:
1 cup chopped red onions
2 cloves garlic, mashed
2-3 tablespoons virgin olive oil
1 cup fresh white bread crumbs, soaked in ¼ cup milk and then squeezed dry
1 cup chopped walnuts
¾ cup finely chopped parsley
½ teaspoon freshly ground black pepper
Salt to taste
1½ teaspoons paprika
⅓ cup pomegranate seeds or, if pomegranate is unavailable, 1 tablespoon fresh lemon or lime juice

Wipe fish and sprinkle inside and out with salt. Leave at room temperature while you prepare stuffing.

To make stuffing: cook onions and garlic gently in olive oil until soft. Add crumbs, walnuts, parsley, seasonings, and 3 tablespoons pomegranate seeds. Taste for seasoning.

Spoon stuffing into cavity of fish and pat any excess on top of fish. Place fish in oiled baking dish and bake 45-50 minutes at 400° F. or 10 minutes per inch of thickness including stuffing. Garnish with remaining pomegranate seeds.

Note: Use red snapper, redfish, flounder, striped bass, porgy, rockfish, or sea trout. Or try this dish with thick fillets instead of whole fish. Put stuffing on top of fillets and adjust baking time (allowing 10 minutes per inch of thickness including stuffing).

Recipes are taken from *Ann Clark's Fabulous Fish: Easy and Exciting Ways to Cook and Serve Seafood*, by Ann Clark, © 1987, published by NAL Books, New York and Scarborough, Ontario, $17.95.

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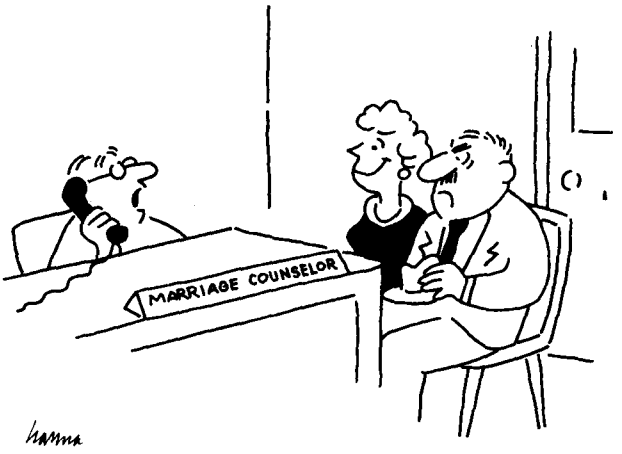
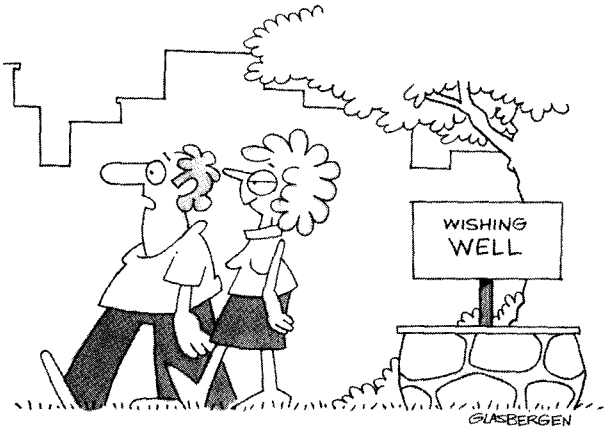
MY BETTER HALF



"Yes, dear, of course, dear, yes, dear . . . ."



"Strange—I suddenly have this overwhelming urge to go home and pick my socks up off the bedroom floor!"

"My goodness! I thought putting speed bumps in the driveway would help *Sally!"*

"For years she's been telling me I'm the greatest. Last night I happened to ask her, 'The greatest what*?' "*

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GETTING TO THE ROOT OF GERIATRIC DENTAL MYTHS

Although our teeth don't carry a lifetime warranty, too many elderly falsely believe that advanced age is synonymous with loss of the old choppers.

by Laurie S. Senz

Illustrated by Marcus Hamilton

At age 61, Shirley was adamant. "All my teeth hurt," she told her dentist. "I want you to take them out and give me dentures."

Shirley's dentist wasn't surprised by her request. "It's not uncommon for an older person to come in with pain and ask to have all their teeth removed," says Dr. Marvin Block, president of the American Society for Geriatric Dentistry. "This is because they're under the misconception they're going to lose their teeth eventually anyway. So at the first sign of pain, they want dentures, thinking in this way to avoid the expense and discomfort of future dental treatments."

Shirley didn't need dentures. Instead, Dr. Block made her a hard plastic device to slip over her teeth at night.

The cause of Shirley's pain? It is called bruxism—grinding the teeth together during sleep.

Getting Long in the Tooth Doesn't Mean No Teeth

Not every older person's dental pain can be eased as readily as Shirley's. Sometimes cavities need to be filled, or periodontal diseases treated, or abscesses drained. The thing to remember is that although dental pain is a symptom something is wrong, it doesn't necessarily mean the teeth are no longer useful or functioning properly.

"It's important to reeducate older people," Dr. Block explains. "This is because far too many elderly believe the myth that when you get old, you lose your teeth. This is not true. The majority of elderly who have lost their teeth have lost them due to neglect. With good dental and oral care, most individuals can retain their teeth for their entire lifetime."

Equating advanced age with loss of teeth is not the only misconception passed down from generation to generation. "Another myth," says Dr. Harold Loe, the director of the National Institute of Dental Research, "is that you get periodontal disease because you're growing old. We now know that gum diseases start early in life and, if not treated, progress slowly, and usually without any pain. Unless there is a systematic check-up by a dentist, a patient will end up with loss of bone and loss of attachment to the teeth."

Periodontal disease, probably the most destructive of all oral disorders, is the primary cause of tooth loss in persons over age 65. If periodontal disease is not stopped by good oral hygiene and dental treatment, teeth will eventually fall out or have to be removed.

Want More Problems? Give 'Em a Good Dose of Neglect

The American Dental Association says other prevalent dental problems affecting the elderly include tooth-root cavities, oral cancer, recurrent decay around fillings, and denture adjustments. Unfortunately, one condition left untreated can provoke another. For example, poor brushing and flossing may lead to periodontal disease, which in turn results in receding gums. As the gums pull away from a tooth, its root becomes exposed. This root is covered by a substance called cementum, much softer

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than enamel and more easily decayed by the attacking bacterial plaque constantly being formed in the mouth.

Statistics show that seven of ten Americans over 60 with their own teeth will suffer from tooth-root cavities. "Root cavities are closer to the nerve of the tooth than crown caries," Dr. Block explains. "The time element is very important in stopping the rate of decay, which is progressive. If left untreated, you can lose the entire tooth."

Yet another frequent "Catch-22" in older adults is tooth decay resulting from dryness in the mouth. "There are many types of medications that impact on salivary function and on the health and disease of the teeth and gums," Dr. Loe says. He cites antihistamines, painkillers, decongestants, and antihypertensive drugs as just a few of the commonly prescribed medications that may, as a side effect, cause reduced salivary flow, or dry mouth, in an elderly patient.

"Reduced salivary flow is almost always synonymous with the development of tooth decay," Dr. Loe says. "This is because saliva contains components that cleanse the teeth and inhibit bacterial growth and plaque development." Saliva is also necessary for denture retention. Without enough moisture in the mouth, dentures may slip or fall down.

Dental experts recommend that elderly patients bring all their medications with them to the dentist. "This way if there are any questions regarding the medications, the dentist can consult with the patient's physician," Dr. Block says. Sometimes the medication causing the dry mouth can be changed, the dosage reduced, or moistening oral rinses prescribed to help alleviate the problem. This information is also important because certain conditions and drug combinations may affect the type of anesthesia used or alter the dentist's treatment plan.

Dentures Are Forever

Once a tooth is lost, it's lost forever. "The frequency of toothlessness in the geriatric population is many times that of middle-age adults," Dr. Loe says. Most of these older adults choose dentures. Unfortunately, other studies have shown that dentures, no matter how well made, are mediocre substitutes for natural teeth. The chewing ability of ordinary denture wearers is only one-quarter that of people with their own teeth.

"I understand he fumbled the ball a lot!"

"The effectiveness of the natural teeth is far superior than any kind of dentures, whether it be in biting power, in comfort, or in fit," Dr. Block explains. "Many people have the misconception that by having dentures their problems are solved. This is not true. Gums shrink. The underlying bone shrinks. When this happens the dentures become loose and have to be relined or refitted."

Dr. Loe says too many people with dentures accept pain and discomfort in the mouth as part of aging. "This is wrong," he says. "The pain could be caused by inadequate dentures that need to be refitted or reshaped."

Having dentures does not mean you no longer need to see the dentist. "It's extremely important that people with dentures see their dentists at least once a year," Dr. Loe says—not only to determine that the dentures are still fitting correctly, but also to check salivary functioning and to examine the delicate tissues lining the mouth for abrasions and oral cancers. Checking the oral tissues is necessary, because poorly maintained prosthetic devices, such as crowns, bridges, and dentures, can cause oral irritations that can in turn lead to oral cancers.

Dental Breakthrough of the Century?

Some dentists are calling implants, a new alternative to dentures, the dental breakthrough of the century. Implants are artificial porcelain teeth permanently anchored, via lightweight titanium screws, into the jawbone. The multistep procedure takes several weeks to six months to complete. "Implants are fixed to the jaws," Dr. Loe explains. "Unlike dentures, they are not removable. More and more people are opting for dental implants, as they offer better chewing ability, a more natural feel than dentures, and a solution to the cosmetic problem."

Still, implants are not for everyone. "In order for implants to work," Dr. Loe says, "an individual must have enough jawbone to place the implant into, must be in good general health, and must not have any major health complications."

The bottom line, though, is that dental techniques and treatments have changed dramatically in the last decade. To tolerate toothaches, bleeding gums, clicking dentures, or sore spots in the mouth is to court oral disaster unnecessarily. Eating nutritionally balanced meals, brushing and flossing daily, and visiting your dentist regularly are still mandatory for a lifetime of good oral health. Remember, your dentist can help you—but the responsibility for your oral health begins with you.

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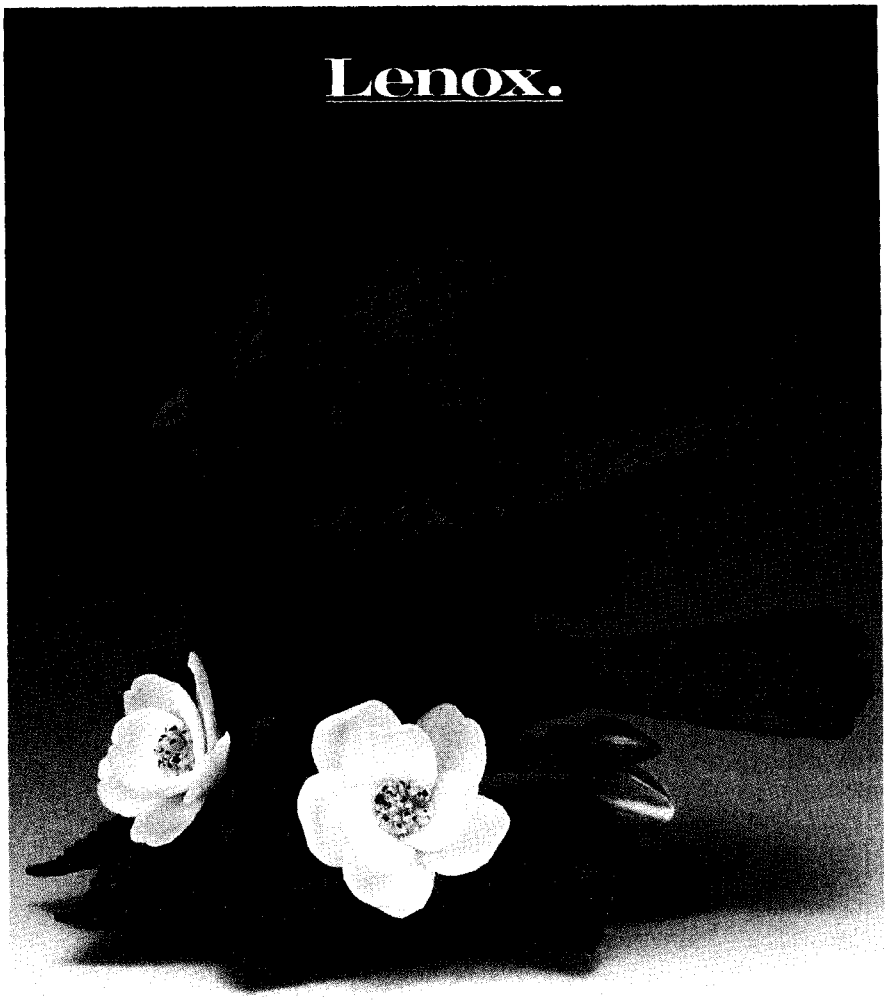

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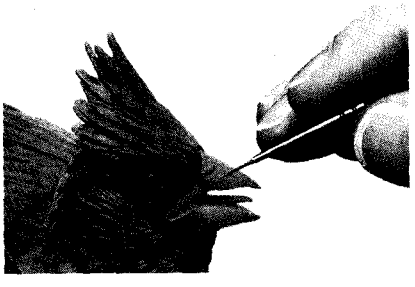

Painted by hand to reveal every detail of the cardinal's distinctive markings.

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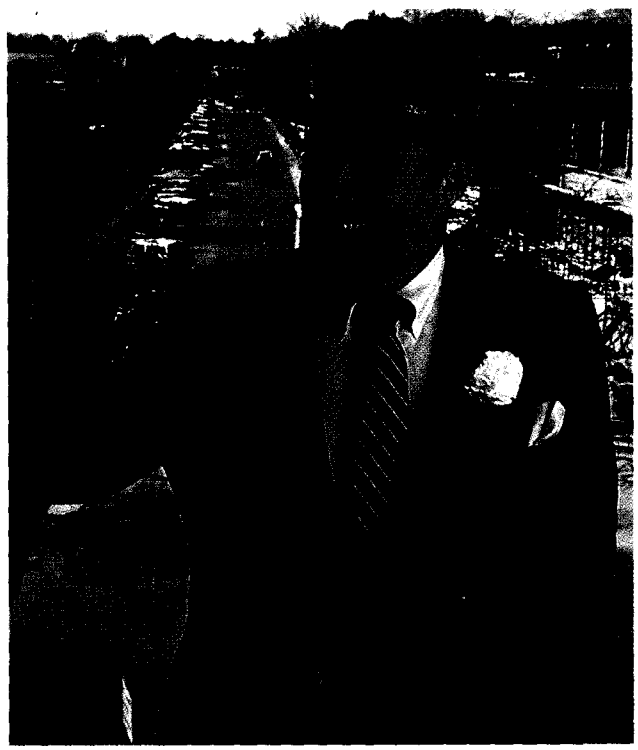
GOLDEN OLDIES

Some 25,000 Americans over the age of 100 lend proof to the saying, "Age is a matter of mind—if you don't mind, it doesn't matter."

by Willard Scott

Somebody smarter than I'll ever be once said that age is a matter of mind—if you don't mind, it doesn't matter. I am reminded of this all the time, and I am reminded of it again now as I sit down to write this. I am on the Concorde, heading across the Atlantic from London to New York. They tell me the whole trip will take just under 3½ hours, and there is a feisty old woman sitting in front of me who seems determined to keep eating and drinking for the duration. Her ticket cost her $5,000, and from the way she's going, it looks as if the price will just about cover her food and drink.



The spirited weatherman of NBC's "Today" show brings us along to meet some of his favorite folks in America.

I first noticed her back at the airport—they've got a luxurious lounge at Heathrow for Concorde passengers—and she made four trips to the complimentary buffet table they'd had set out there, and then she stuffed her purse with four or five candy bars. Here, on the plane, she's already sampled everything on a roving cheese tray, and she's got a brandy set up next to her second gin and tonic. She even took a cigar from the flight attendant who offered them, and I confess I was mildly surprised when she didn't light up; instead she tucked it away in her purse, presumably for later.

I flagged down a passing stewardess. "This lady is incredible," I said. "How old is she?" I thought from the way she moved and carried herself maybe she was 65, perhaps 70; it's possible she was a terrific-looking 75.

"She's 93," the stewardess answered.

Ninety-three? At first I couldn't believe it. I mean, this old lady has the spirit, fight, and gumption of a woman half her age. But then I stopped to think about it, and I wasn't really surprised at all. More and more I hear incredible stories about the most senior of our country's senior citizens, and what was once disbelief on my part has turned to sheer wonder. Talk about amazing stories! Steven Spielberg could learn a thing or three from the tens of thousands of centenarians who were born long before the very idea of color pictures (let alone moving ones) had caught on in this country.

When it comes to centuries-old traditions, there are none grander than the hundreds of men and women I am lucky enough to meet and congratulate on the occasions of their 100th birthdays. And from the looks of things, I'll have my work cut out for me in the years ahead. Centenarians are among the fastest-growing age groups in America; there are some 25,000 people in this country now over the age of 100, and by the year 2000 there figures to be over 75,000. People are living longer than ever before, and this alone is changing the face of many of our social systems in this country. The nuclear family is undergoing a late-in-life shift as more and more children are faced with taking care of the parents who once cared for them. And the residential facilities once designed simply for prolonged care of the elderly are now offering resident seniors a fuller, richer life than they've had to before. Of course all this puts an extra burden on taxpayers, and on our Social Security system, but I think it is a small price to pay for the privilege of peopling our communities with the folks who've been around long enough to help put our modern world in some kind of perspective, to help us understand where we're going by teaching us where it is we've been. For too long, old people have been this country's greatest untapped natural resource, and I for one am thrilled that the needs and triumphs of this growing group are coming to greater attention. It is through them, and only through them, that we will be able to build an effective bridge from our past to our future.

Like every good thing that's ever happened to me in my career, my involvement with senior citizens happened almost by accident. It was a fluke, really; I just kind of backwarded myself into something that would change my whole life. Here's the story. About six years ago, a friend asked me to wish his Uncle Clarence a happy 100th birthday on the air, the sort of request I received

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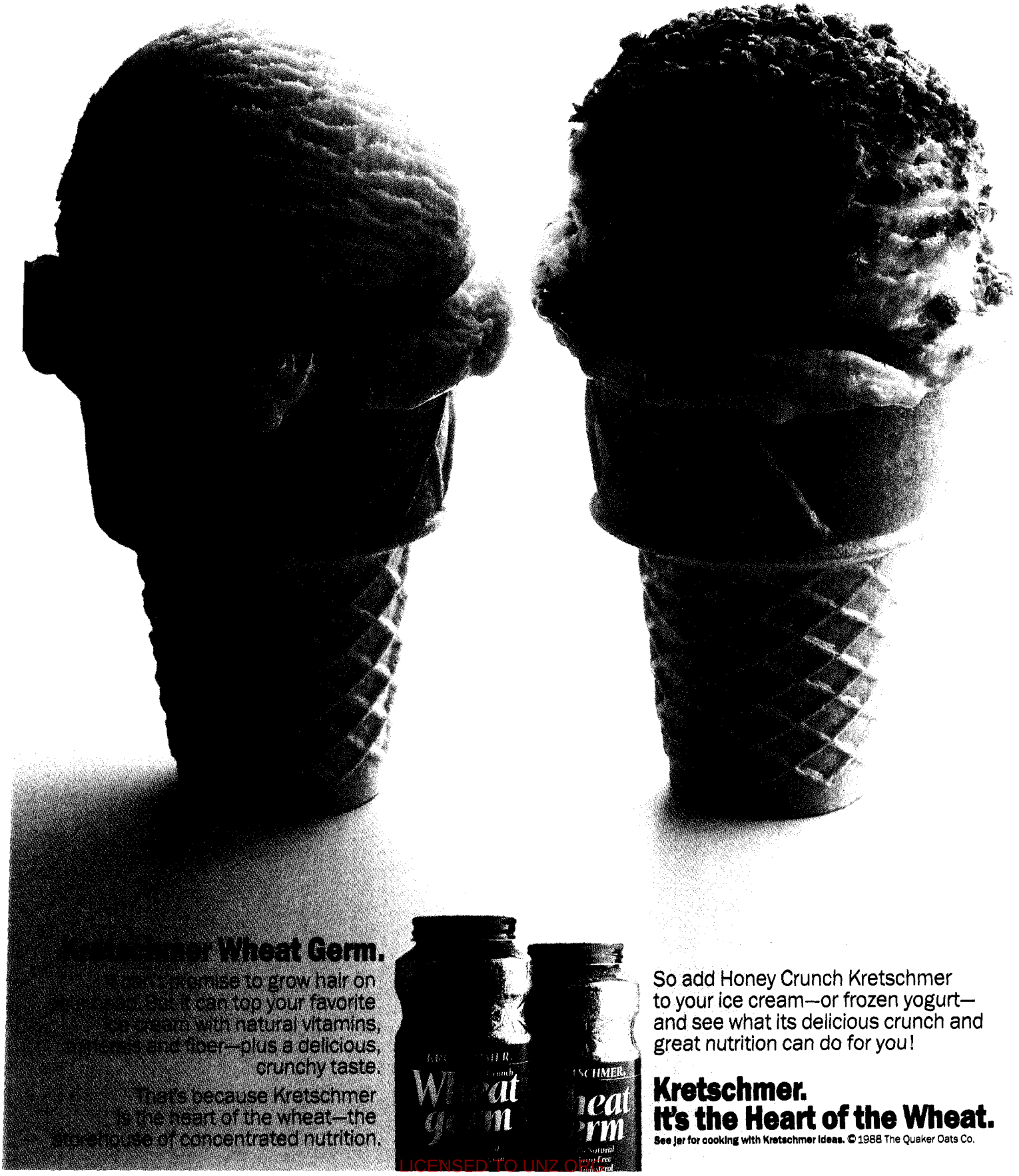
CURE BALDNESS



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Kretschmer.
It's the Heart of the Wheat.

See jar for cooking with Kretschmer ideas. © 1988 The Quaker Oats Co.

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all the time but always had to decline because of the perceived ethics of network news. But then it occurred to me—hey, somebody is turning 100; if that's not newsworthy, then I don't know what is. So I went against standard practice, against the advice of the network, and wished old Clarence good health and good wishes over the air. But there was no way to prepare for what happened next. I thought maybe I'd get the old hand slap for bucking the system, but instead what I got was a slow stream of similar requests. Actually, it started out as little more than a drip. (And if you asked some people, they'd tell you that's how I started out, too. Ba-dump-bump.) Two weeks later the drip turned to a trickle with two or three requests. I had struck a chord. Here was something—sending out birthday greetings across the miles to people who truly deserved a tip of the hat—that nobody else was doing. It was different. It was also folksy and homey and patriotic, and it fit me like a glove. And the network left me alone to do my thing. All because of Uncle Clarence, God bless him.

Now I receive as many as 40 requests a day, and I try to verify and announce as many as I can; hopefully I'll get to at least one in each of my four segments every weekday morning. Those I can't mention on the air I send my good wishes to in the mail. (A note to the social scientists among you: requests are heaviest during the months of November and December, and I suppose from that we can extrapolate some pretty interesting theories about how and when our forebears got down to business in the years leading up to the gay 1890s.)

It's fitting, I think, that someone named Clarence was the very first centenarian I celebrated on the "Today" show; Clarence, you'll remember, was the name of the angel in Frank Capra's movie *It's a Wonderful Life* (it's a wonderful movie, by the by), the angel who turned Jimmy Stewart's life around by showing him the many good things in his world that went unnoticed. My Clarence never knew it, but he was an angel, too; he changed my life. My work with old people in this country has rewarded me like nothing else I have ever done. I have visited dozens of nursing homes and retirement communities, and I am always moved by the impact I am able to make with my visits. I think I always will be. Most of the old folks I've met are caring and sensitive and desperate for affection; they're lonely, unfortunately—many of them have outlived most of their immediate families—and I like to think my reaching out to them has made a difference, has made them feel more a part of the world they live in, a world that for too long has taken them for granted.

"I only left the vehicle for two minutes."

As for the birthday greetings themselves, they've quickly become an American tradition. My office has turned into this country's unofficial clearinghouse for soon-to-be centenarians. (There is also this place in Washington called the White House, perhaps you've heard of it, where they do a fine job of identifying and congratulating 100-year-olds in this country. But they've got to take care of some other business as well, and I am happily easing their burden in this area.) I'm known for my birthday greetings to the senior set more than anything else I've ever done in my 35 years in this business. Viewers of all ages, I think, are uplifted by my celebration of these grand old folks; there is a deep-seated respect for age in this country, a respect that cuts across all issues of race and social and economic class, and it seems I've plugged into something through which we can all draw quiet inspiration. Everywhere I go, people trot out an elderly relative they'd like me to meet. Once, when I was in Lansing, Michigan, a big yellow school bus pulled up to where we were doing our remote, and one of the kids stuck his head out the window and hollered, "Hey, Willard! Will you mention my birthday in 85 years?" I get reactions like this all the time, and it thrills me to see the kind of impact you can have through the power of television. It also keeps me humble.

Myron Cohen, the late, great borscht-belt comic, who himself lived to a ripe old age, used to tell a wonderful story about a 104-year-old man, a joke that bears repeating here. As Myron told the story, the old man stopped by his doctor's office one day for his annual checkup, and after being presented with a clean bill of health, he turned to the doctor and said, "See you next year."

"That's wonderful," said the doctor. "Not to alarm you or anything, but here you are, 104 years old, and yet you're so confident you'll be healthy for another year. Tell me, how can you be so sure?"

"It has nothing to do with confidence," replied the old man in a thick, rich Yiddish accent, an accent I could never do justice to in person, let alone on paper. "It has to do with statistics, and statistics say that between the ages of 104 and 105, not too many people die."

I love that story. Not because it's side-splittingly funny (sometimes it doesn't even register a laugh when I tell it, although that probably has more to do with my bungling attempt at a thick, rich Yiddish accent than anything else), but because it speaks to a deeper truth about age and reason, about the keen insight and rare perspective you'll find among this country's only priceless antiques.

Another old joke, and you can take

continued on following page

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FITNESS CENTER

Kretschmer Wheat Germ.

It can't promise you instant physical fitness. But it can add a whole new look and texture to your already nutritious oatmeal—a delicious crunch, plus extra natural vitamins, minerals and fiber.

That's because Kretschmer is the heart of the wheat—the storehouse of concentrated nutrition.

So add Honey Crunch Kretschmer to your oatmeal—or other hot cereal—and see what its delicious crunch and great nutrition can do for you!

Kretschmer.
It's the Heart of the Wheat.

See jar for cooking with Kretschmer ideas. © 1988 The Quaker Oats Co.

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"old" to mean whatever you want in this case, has it that a 100-year-old man named Goldfarb walked into a church and sat down in the confessional. "Father," he said, "I make love every day to a 25-year-old girl." The priest whispered back through the confessional door: "But, Mr. Goldfarb, you're Jewish. Why are you telling this to me?" To which Goldfarb replied, "Are you kidding? At my age, I'm telling everybody." This one holds nothing in the way of redeeming qualities, but I love it just the same.

There are some wonderful jokes about old folks, but the funniest stories of all just happen to be true. Oh, I've met some terrific old characters on the road, folks we'd all love to have as our own crotchety old aunt or curmudgeonly uncle. Boy, can I tell you stories! Like the time I asked a woman if in her 100 years she'd ever been bedridden, and she told me, "Oh, yes, thousands of times, and once in a buggy, but don't you dare mention that on television." (I think she rehearsed that one.) Or the time a sweet old man took me aside and confided in me that he still likes the girls, although he said, "I can't exactly remember why." Then there's my favorite retired army colonel —Charles Norris of Charlotte, North Carolina—who told me how he can't abide the anxious stockbrokers who try to sell him on municipal bonds that won't mature for 20 years: "H——," he said, "at my age, I don't even buy green bananas."

Somebody wrote to me once about a 95-year-old aunt, who used to drink four to six ounces of gin a day, until her doctor told her she had to give up gin. She did, and now she drinks brandy. Or the 92-year-old renaissance man who really, truly, is my honest-to-goodness neighbor down in Delaplane, Virginia—Eddie Strother —who lives by himself and still keeps his farm going all winter long. I ask Eddie all the time when he plans to retire, and he asks me back: "Retire to what?" His perspective on life is more than refreshing—it's vivifying; one of his favorite expressions is "You rust out a h—— of a lot quicker than you wear out." These are the kind of old folks I love, the ones who live their lives the way they please; they've made it this far, so by golly, let's leave 'em alone to keep doing what they're doing. They must be doing something right.

Recently, I ran across a good-looking woman in Terre Haute, Indiana, the kind of woman who, even in her later years, is very vain about her appearance. She took me aside after we were introduced, looked at me shyly and girlishly, and said, "Willard, how old do you think I look?" Now if ever there was a real stumper of a question, that was it. Keep in mind, this woman was 103, but I played the diplomat in the thing and told her she looked about 70, just to be on the safe side. "Oh," she said, patting her hair in obvious disappointment. "Most people say I don't look a day over 60." Sometimes you just can't win, but in a case like this one you don't really mind losing.

"Oh, come on, you must have room for one more!"

Two of my favorite centenarian stories took place at the "Today" show. In the first, my celebration of the 100-plus set almost backfired, and I mean literally backfired. W brought on a lovely man from Nev York City, a man who went to worl every day up until his 100th birthday and somebody got the bright idea o doing up a little birthday party afte our interview. Well, this being morn ing television, we trotted out a cak with 100 blazing birthday candles Now, I don't know about you, bu I'm not the sort of guy who shoulc stand too close to 100 blazing candles, whether birthday or otherwise. One candle would have served quite nicely, thank you very much. There I was, cake cradled cautiously in my arms, and the heat from the 100 candles started to melt the glue underneath my toupee. No kidding. Talk about a throw rug! I saw the tapes after the show, and you should have seen me struggle to hold on to the cake and to my store-bought hair with something resembling professional dignity. (Who knows, you're liable to see that clip turn up on one of those prime-time bloopers-and-blunders shows.) Now, whenever I'm wearing my ear-to-ear carpeting, I steer clear of birthday parties for anyone older than sweet 16!

The other "Today" show incident took place years before I arrived on the scene, but it's been passed on to me like an old family heirloom, so I'll just pass it along here. It seems that when the Surgeon General's office first issued its warnings on cigarette packages in the early 1960s, someone at NBC thought it would be a good idea to find an oldster with a lifelong smoking history; leave it to a TV newsman to play devil's advocate in these things. Well, somebody tracked down this 100-year-old man from down south, and NBC flew him to New York to appear on the show the next morning. When the producer of the show finally met the old man and explained the idea behind the segment, the old man started to shake his head as if he couldn't deliver.

"You mean to tell me you want me to get up at seven o'clock in the

continued on page 95

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How a Stop in a German Shoe Store Ended a Lifetime of Foot Pain...

"We were in Germany on the very first day of our vacation and my feet were already killing me. I thought a pair of more comfortable shoes might help and I fell in love with a pair in a shoe store in Wiesbaden, Germany.

"But when I tried them on, they hurt, too. I explained my problem of sore aching feet to a friendly clerk and he pointed to a counter display and said, maybe I needed a pair of special Leather Insoles.

"I took his advice and was I glad I did...the instant I slipped them into my shoes, my foot pain vanished! I've worn them ever since and my painful foot problems are a thing of the past."

Luxis' specially designed metatarsal support helps your feet assume their proper posture and balance. They redistribute body weight naturally, eliminating painful, uneven pressures that cause Sore Feet, Burning Feet, Corns, Calluses, Bunions, Sore Heels, Ankle and Foot Problems of all types.

- Resilient, cushiony
- Mold themselves to your feet
- Long-wearing, genuine sheep leather
- Wear in any style shoe, including high heels.

END YOUR FOOT PAIN!

Over the last 15 years more than 8,000,000 pairs of these Leather Insoles have been sold in German shoe stores. They've relieved all types of foot problems for folks of all ages and if your feet are killing you, we urge you to try them.

Wear them for 30 days. If at the end of that time you're not completely delighted, just return them for a prompt, no-questions-asked refund. What could be more fair?

30-DAY NO-RISK OFFER

Try Luxis Leather Insoles for 30 days. If you are not 100% satisfied, simply return them for a full refund. No questions asked.

OTHERS AREN'T SUFFERING ANY MORE. WHY SHOULD YOU?

"The insoles are fantastic. I've suffered with foot problems all my life. Suddenly, I can walk in comfort."
L.C., White Plains, NY

"I had sore feet for a long time, but not anymore thanks to your insoles."
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Specially designed metatarsal support restores balance and relieves pressure.
Allows freedom for your toes.
So thin and light they can be worn in any shoe.
Genuine 100% sheepskin leather provides natural comfort and long wear.
Resilient, cushiony pad absorbs shock; conforms to your individual foot impression.
Self-adhesive, sure-stick heel keeps insoles securely in place all day long.
Makes shoes more comfortable.

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30-Day No-Risk Offer

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Enclosed is ☐ Check ☐ Money Order $_____ for_____ pair(s) of Luxis Leather Insoles. Important: Indicate shoe size(s) below.
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_____ Two pair only $6.95 ea. total $13.90 add $1.75 P&H
_____ One pair only $7.95 add $1.50 P&H
_____ Four pair only $27.80 (save $10) Postage FREE
Washington residents please add 7.9% state sales tax.
Charge my ☐ VISA ☐ MASTERCARD

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From The Kitchens of The Saturday Evening Post

HIGH LYSINE AND FIBER COOKBOOK

By Cory SerVaas, M.D. and Charlotte Turgeon

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Get our new cookbook FREE with your subscription or renewal to the Post.

The beautifully illustrated *High Lysine and Fiber Cookbook* is hot off the press. *The Saturday Evening Post* dates back to Benjamin Franklin. Together, they offer the best of the new and the old.

Best of all, this exciting, health-based cookbook will be yours FREE with your paid subscription or renewal to the *SatEvePost*.

Thanks to the hard work of the National Cancer Institute, it is now respectable to consider preventing cancer (and a variety of other diseases that 20th-century man is heir to) with diet. And the diet that we believe to be most beneficial is high in fiber and low in fat. Thus this new 120-page cookbook sure to take preference on your kitchen shelf contains more than 140 recipes that are based on good nutrition and match those of the country's top chefs for downright delectability.

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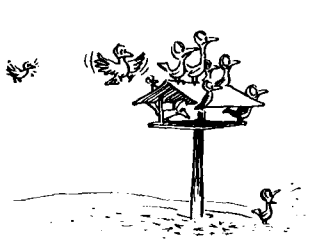

POST SCRIPTS

Resolution Solutions

Every New Year's, resolutions
So worthy spring from my heart.
But by February, they seem
To have all fallen apart.

But this year I have an idea
That's sure to win,
And this is exactly
How I plan to begin:

I'll start smoking cigarettes,
At least a pack a day;
I'll gossip and always
Have something nasty to say.

I'll drink liquor to excess
Whenever it is possible;
And when relatives come to visit,
I'll not be hospitable.

I'll procrastinate daily
And think only of myself;
Nor will I deign to exercise
Or improve my health.

Every night I'll watch
Every trashy TV show;
As far as church is concerned,
I simply will not go.

I'll be rude and boisterous
In all the public places;
I'll gamble heavily my savings
On all the horse races.

And I'll eat only junk food,
Sugar, salt, and slime;
To discipline and self-improvement,
I'll definitely give no time.

Sticking with these resolutions
Is something I won't dread;
Because even if I break 'em,
I still come out ahead!

—Joe Denny

"I've got 7,000 very depressed lemmings on line eight. Who'd like to take it?"

Snow Fooling

Shoveling snow knee-deep around,
Sore of back and twice as numb,
I wonder how I ever found
The heat of summer bothersome.

—S. H. Dewhurst

It's All Very Scientific

Psychiatrist: One who watches everyone else when an attractive member of the opposite sex enters the room.

—Bill Kreifeldt

The House of Ill Repute

When the young lady went off to college she left her plants and her goldfish in the care of her mother, a lady not known for her memory. Eventually the plants died, and the mother reported this to the girl. However, when the daughter phoned a week later, mother had to confess that the fish had died, too.

There was a pause before the girl asked, in a tiny voice, "How's dad?"

—Kris Lee

The Kindest Cut of All

The customer eased himself into the barber chair and announced, "Before you begin, I'd like you to know I *like* the kind of weather we're having; I have no interest in whatever your favorite team is; I pay no attention to prize fights, horse races, or lotteries; I'm not interested in the latest news scandals, and I'm not a political animal. Now go ahead with your work."

"Thank you, sir," the barber said. "And if it will not offend you, I'll be

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able to do my work faster and better if you don't talk so much."

—James Curnane

The Keys to a Better Life

One stormy night a couple driving home on the highway ran out of gas. Luckily for them, a car soon came along and took them to the nearest gas station. Having no gas can of their own, they had to borrow the station's; just as they were about to pay for the gallon of gas, the attendant told them, "That's $5 extra for the loan of the can. You'll get it back when you bring the can back."

Begrudgingly, they paid the extra money and prepared to set out into the cold, windy night. When they opened the door, a gust of wind almost blew them back in.

"Ya know," the attendant said, "a fella shouldn't be out on a night like this." He reached into his pocket and pulled out his own car keys. "Here," he said, "take my car."

—Martha J. Beckman

Life, the Old-Fashioned Way

The trouble with experience is that it is something you simply cannot inherit.

—B. Bader

Down with Computers

"Frustration"—what a nasty word!
I can't believe what I just heard.
My bank clerk says with a knowing frown,
"Can't give your balance. Our computer's down."

I'm in the market—my shopping's done.
I stand in line to pay and run.
The clerk says with a helpless frown,
"Can't ring you up. Our computer's down."

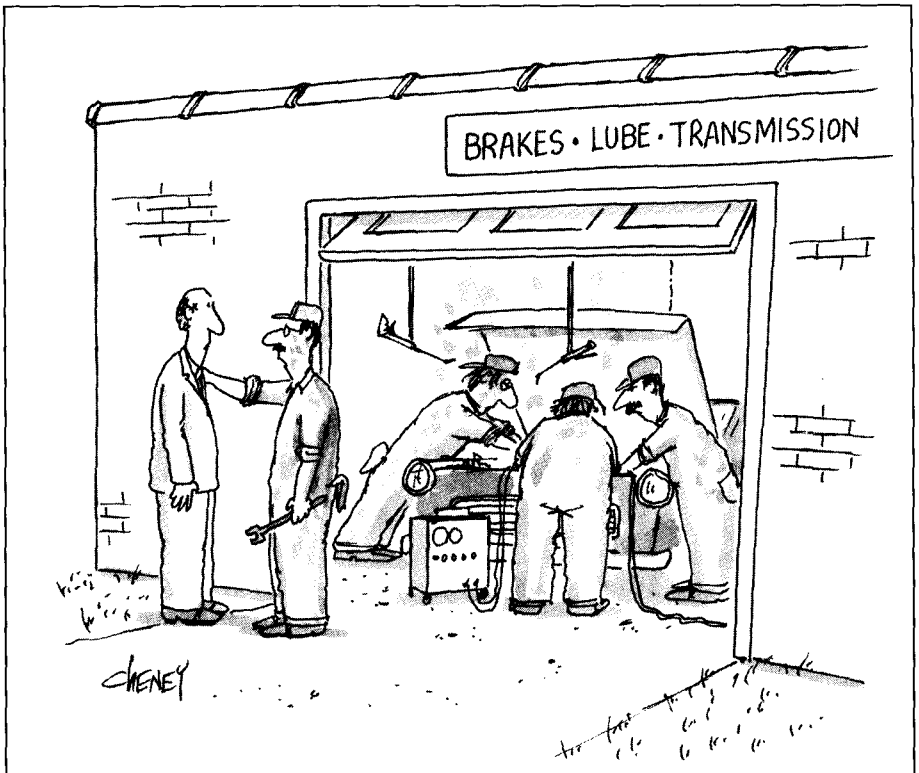
I'm in the office—been a hectic day.
Can't wait to leave and be on my way.
The pay clerk says, with a leering frown,
"No checks today. Our computer's down."

—F. D. Hammond

A Faulty Relationship

Although, my dear, you know I know
Your faults where they exist,
I know you know my faults also
And have a bigger list.

—Kenneth Parsons



"Rest assured, Mr. Champlin—we're doing everything possible to sustain your car's life by artificial means."

The World's Smartest Man

A small private plane developed engine trouble while still many miles from a suitable landing strip. The pilot, realizing there was nothing he could do to keep the plane in the air, rushed back to where his three passengers sat and explained the predicament. He added, "I am a married man with two small children. I regret to tell you there are only three parachutes aboard." And with that, he grabbed one of the parachutes and bailed out.

One of the passengers reacted quickly to the pilot's exit. "I am a brilliant scientist!" he announced. "I am the world's smartest man! The world cannot do without me!" And with that, he too bailed out.

The other two passengers, an elderly priest and a boy scout, were quiet for a moment. "Son," the priest said finally, "I am old and have lived a full life. I am ready to meet my Maker."

"You'll have to cancel it, Father," the boy scout answered, smiling. "The world's smartest man just bailed out with my backpack!"

—Perry Comer

Ms. Brown, You've Got a Lovely Mother

"Didn't Mrs. Brown look pleased when I told her she didn't look a day older than her daughter?"

"I didn't notice. I was too busy watching the expression on her daughter's face."

—Thomas LaMance

A Scary Idea

After frequent nasty phone calls to one of its debtors, a collection agency received the following note:

"Dear sirs: Unless you can scare some money *into* my bank account, you ain't gonna scare any out!"

—Ivern Ball

Boxed In

I find the witness box
Is far too demanding.
I can't stand lying
And can't lie standing.

—Henry F. Hill

The Whys and Wherefores

A philosophy professor gave a one-word, one-question exam that asked, simply, "Why?"

The student who received the highest grade gave this answer: "Why not?"

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HOME IMPROVEMENTS

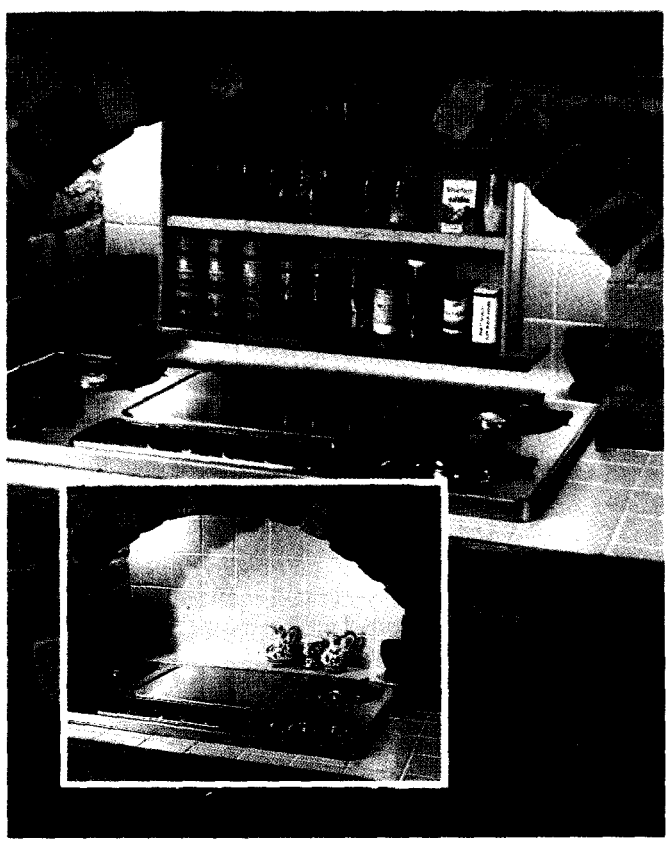
COMFORT IN THE KITCHEN

Spicing up the kitchen can add convenience, elegance, and value to any home, if done in good taste. It all begins with a gripe—something for which few domestic chefs need recipes.

by Robert McQuilkin

The kitchen, more than any other part of the house, should fit the owner like a glove, yet too often the fit's no better than that of an oven mitt. Whether large or small, 2 years or 20 years old, most kitchens have plenty of room left for personalized alterations. Little can compare to—or make using a kitchen more enjoyable than—customizing it to owner-specific needs.

The place to begin, as odd as it may seem, should be with a list of annoyances. People tend to plan kitchen dreams with wish lists, says Ed Dahlin, an innovative kitchen-design specialist in the Chicago suburb of West Dundee. "The trouble with such an approach is that they circumvent the root problems," Dahlin says, "and end up with a new kitchen and the same old aggravations they had $30,000 ago."



The age-old problem of spices cluttering the cooking surface was solved in this kitchen by installing a cabinet drawer that pulls down from inside the range hood.

Better to begin with what you don't like, and chances are the solution will outdistance the expectation. One of Dahlin's clients wanted to cut a hole in the kitchen floor to vent heat generated by the refrigerator. Instead, Dahlin suggested mounting the refrigerator's compressor on the basement ceiling and running the wiring and tubing through a half-inch hole underneath the built-in refrigerator. This stratagem not only displaced the heat more efficiently and artfully but reduced the compressor noise as well—a windfall not even anticipated.

The working environment of a kitchen may become so familiar that inconveniences go by unnoticed—which explains the advantage of using a kitchen first, as it is; analyzing it; and compiling an irritation list *before* reaching for the crowbar.

One couple solved the problem of spice-cluttered cooking surfaces by inverting a cabinet drawer inside the range hood. A brick chimney surrounding the range housed nothing more than a three-inch vent hose from the overhead fan. So a self-contained drawer was ordered with the other cabinetry, fitted with two dividers, and installed vertically inside the vacant hood. A double-action catch holds the spice drawer out of the way when not in use but allows it to drop down behind the range for fingertip access.

Another recurring complaint levied against kitchens, and not unfairly, is their inadequate lighting. Perhaps the last place a person would think of installing lights would be inside the base cabinets. Yet darkness is a constant nuisance to people with deep shelves and blind corners; they wonder why the idea took so long to come on, once they see the light.

Closet light sets with bumper switches that activate when the door is opened can easily be installed in any cabinet by handy homeowners. Wiring is strung between cabinets along the upper inside edge, and power is drawn from a convenient wall socket or accessed through the basement.

Throughout the kitchen, supplemental lighting can brighten the user experience. E. Dahlin & Associates regularly installs recessed lighting above sinks and work spaces, as well as accent lighting inside cut-glass wall cabinetry. Rather than the fluorescent tubes typically used under wall cabinets, Dahlin & Associates prefers working with specially designed incandescent modules that can follow curved lines, require less space, and use dimmers. When walls are open, individual controls can be installed for each light bank. Linked to one master switch by the

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THE ASHTON-DRAKE GALLERIES

In Pursuit of the Unique

The Ashton-Drake Galleries presents a dashing young sailor...

"MATTHEW"

A handcrafted porcelain doll so life like, he'll sail right into your heart

Shown smaller than actual size of 10 inches high. Complete with satiny blanket.

From the twinkle in his eye to the impish way he's already wiggled out of one shoe, "Matthew" is all boy – and picture-perfect in his old-fashioned sailor suit.

The new baby boy in *Yolanda's Picture-Perfect Babies* collection by Yolanda Bello, "Matthew" is the essence of a curious little tyke exploring the world around him with innocent delight.

Commissioned by the Ashton-Drake Galleries, he represents the centuries-old tradition of classic character dolls – dolls so treasured, many become heirloom collectibles cherished for generations.

A Masterpiece of the Dollmaker's Art

"Matthew" is meticulously handcrafted with head, arms and legs cast of fine porcelain that's hand-painted in soft, lifelike colors. His sailor suit is carefully hand-tailored and trimmed with satiny stripes and antique nautical buttons. His removable sailor's tam is topped with a jaunty red pompom, and even his blue satiny blanket matches his adorable outfit. As a final touch, "Matthew" bears the signature of artist Yolanda Bello as well as the hallmark of the Edwin M. Knowles China Company... renowned for its long tradition of quality porcelain.

An Ashton-Drake Galleries Exclusive

"Matthew" can be yours to cherish for only $58.00. But you must act promptly...this extraordinary doll is issued in an exclusive edition. Each doll is individually hand-numbered and accompanied by a matching numbered Certificate of Authenticity.

Your Satisfaction is Completely Guaranteed

You may, without hesitation and for any reason, return "Matthew" to us at any time within one full year after you receive him. We will refund your purchase price, including postage, with no questions asked.

© 1987 The Ashton-Drake Galleries
212 West Superior Street
Chicago, Illinois 60610

AD-1060

TEAR OFF, COMPLETE, AND MAIL

RESERVATION FORM

PLEASE RESPOND BY:
February 29, 1988

Mail to:
THE ASHTON-DRAKE GALLERIES
212 West Superior Street
Chicago, Illinois 60610

YES Please enter my reservation for "Matthew," from *Yolanda's Picture-Perfect Babies* collection. Limit: One doll per customer.

I understand that I need SEND NO MONEY NOW. I will pay for "Matthew" in three convenient monthly installments of $19.33* each, the first being billed before shipment of "Matthew."

X _____
Signature Date

Name (please print) _____

Address _____

City State Zip

*Plus a total of $1.94 home delivery fee and applicable state sales tax.

Allow 4 to 6 weeks for delivery.

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THE WINTER GARDEN: A SLEEPING BEAUTY

After the loss of vibrant summer foliage, the garden in winter takes on a refinement of color, line, and fragrance unequaled in other seasons.

by Dr. Ellen Henke

Winter is the season of greatest drama in nature and in the garden. At this coldest time of year, when the sun shines obliquely, the garden displays to best advantage the lines, forms, and textures of its components. In this season of stark contrasts and clear, icy colors, the winter garden has a refined character unequaled in other seasons of more vibrant colors.

Winter in most regions of the country is a period of rest and rejuvenation for garden trees, shrubs, hedges, and perennial flowers. Even in warmer climates the tempo of the winter garden is slower and more dramatic than in the other seasons. The dormant trees and shrubs that appear lifeless and dead at first glance are, indeed, alive. Stripped of their summer growth, leafless boughs trace patterns across the azure winter sky. The architecture of the plants, paths, walls, fences, statues, and trellises becomes all-important now. Even the form of the land is more distinct in winter. Winter, then, is the best time to study and plan the home garden landscape.

The low winter sun lights the landscape from the side rather than from above. The resulting shadows are longer and more dramatic. Line, light, and shadow become the most important elements in the winter garden. Once this is understood, you can plan your garden with an eye toward the sleeping beauty of winter. Your winter garden can provide pleasure viewed either from indoors or up closer on mild days. And your well-designed winter garden can be attractive year-round.

So plan your home landscape to please you as much in winter as in other seasons. Choose trees and shrubs that have striking architecture when bare of their foliage in the winter. Consider how the sun will strike them during the winter, so they will be back-lit for the most dramatic presentation in your garden. For the most theatrical effects, position these special "sculptures" on the south, southwest, or southeast side of your home.

Plan your planting so some of your plants and garden structures will be silhouetted. Such statuesque evergreens as hemlocks, cedars, and pines are excellent backdrops for the horizontal branching of dogwoods or the curving bark of white birches. These combinations will provide heightened drama for your winter garden (and charm in other seasons). Small shrubs can be silhouetted on evergreen hedges, on a wall, or even on the lawn. Don't forget to study the effect from indoor windows, especially from upper levels of your home.

But too many evergreens, especially if tall and overpowering, can bring gloom and darkness to the landscape. The same evergreens that blended in-

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Red-stemmed and yellow-stemmed dogwood twigs bring a singular brilliance to a winter landscape. The more the shrub is pruned, the more it shows its true colors.

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JOHN WAYNE AMERICAN

The Wayne family authorizes a classic– to honor the man and the country he loved

Richly grained hardwood wall rack is fitted with solid brass pistol mounts and enameled insignia of all five American military services. Shown smaller than actual size of 14-1/4" x 12-9/16".

HE WAS ONE OF A KIND.

Loved and respected around the world as the symbol of America at its very best.

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VETS ON PETS

UNLEASHING YOUR PET'S POTENTIAL

Your cat may not have the smarts to run for the presidency, but with the right reinforcement, he can be trained to play soccer.

by H. Ellen Whiteley, D.V.M.

Morris, the 9-Lives cat, recently announced his entry into the '88 presidential race. Early polls show that if he honors his campaign promise of equal rights for all felines and the millions of voters they represent, he'll win by a whisker.

Training a cat for the presidency is no easy task, of course. But getting your cat, or pet, to perform endearing tricks or obey instructions is a matter of reinforcement, both positive and negative.

My friend Judy owns a cat named Midnight, who upon command fetches a ring that comes from the top of a gallon milk jug. When he returns with the prize, Judy says, "Good, Midnight," and rewards him with love and petting.

Each of Judy's 12 cats has a favorite toy, which she capitalizes on for teaching them tricks. When Snicker began showing interest in a ball, she used the ball for training him to play soccer. She spends time with each cat in turn, rehearsing the trick that each likes best. For reinforcement, Judy never uses food, only love. And her cats all go to great lengths to please her.

People who successfully train pets have developed a certain awareness about their pets that borders on mental telepathy; from this awareness comes communication that bridges the species differences between man and animal. Judy knows the type of positive reinforcement each cat craves. Pudder wants to be held; Snickers runs over for a pat on the head when he needs attention; and Blackie, the loner, is satisfied to know that Judy is near.

Whether you know it or not, training occurs all the time: when you take a new puppy home from the pet store in the car, when you take your cat to the veterinarian, and when you introduce your new canary to your old budgie. Dr. Dare Miller, an expert on canine behavior and the inventor of the Dog-Master System of training, says, "Dogs copy our actions and attitudes; in other words, our affections, our fears, and our tempers. The way we go about teaching so often comes across more clearly to the dog than whatever it is we are trying to teach."

In her book, *Don't Shoot the Dog! The New Art of Teaching and Training,* Karen Pryor stresses the reinforcement theory of animal training. "Positive reinforcement is anything which, occurring in conjunction with an act, tends to increase the probability that the act will occur again," she says. "A positive reinforcement is something the subject wants, such as food, petting, or praise. A negative reinforcement is something the subject wants to avoid —a blow, a frown, an unpleasant sound." Negative reinforcement is not the same as punishment, which occurs after the behavior; negative reinforcement occurs as the behavior is taking place. Swatting a new puppy with a rolled newspaper when you find a puddle is punishment, which the puppy may not associate with the inappropriate act. On the other hand, petting and praise given immediately after the puppy makes a puddle in the selected potty area of the yard are positive reinforcements. When you catch the puppy squatting and ready to puddle on your Oriental rug, squirting him in the act with a water pistol is negative reinforcement.

The subtle art of training is the ability to know when to apply the reinforcement. Judy gives Midnight the praise he seeks only when he returns the milk ring to her; she ignores him

continued on page 102

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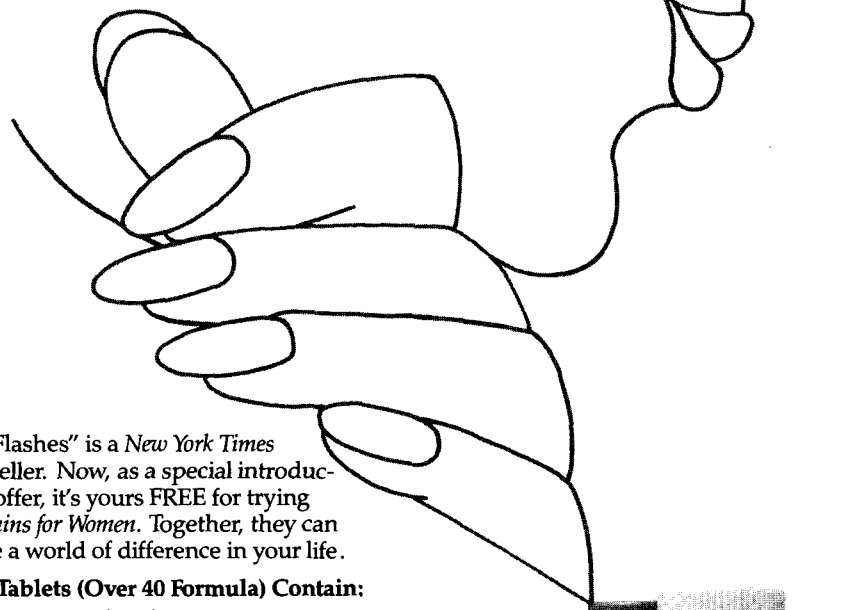
YOU'RE A WOMAN. SO WHY ARE YOU TAKING MEN'S VITAMINS?



Your body is different from a man's. Obviously, it has different needs. Yet for years most vitamin manufacturers created "women's vitamins" simply by adding more iron to the typical male formulas.

Finally. There's a complete Calcium/Vitamin/Mineral Supplement designed specifically to fit the needs of a woman's body. Throw away your closet full of vitamins! *Vitamins for Women* provides 23 vitamins and minerals—everything you need to protect and keep your body healthy. And since your body changes as you age, it comes in two specialized formulas: one for women 14 to 40; one for women over 40.

It's the first Vitamin/Mineral Supplement with all the calcium you need to prevent Osteoporosis. This killer disease causes hunched backs and fragile bones and is the 12th leading cause of death in the United States. *Vitamins for Women* contains all the supplemental calcium you need specifically for your age group. The "Over 40" formula contains 1000 mg. of pure oyster shell calcium—the "14 to 40" formula contains 650 mg. Both contain 400 IU of Vitamin D to help absorb and metabolize the calcium. And since the calcium shouldn't be taken at one time, the formulas are divided into morning and evening doses.

Its two special formulas help compensate for the changes in your body as you age and are tailored for your stage of life. Vitamins A, E, Selenium, Beta Carotene, and Folic Acid are included since recent tumor research has shown they have protective qualities. *Vitamins for Women* were also designed to help alleviate premenstrual syndrome, changes in vitamin metabolism caused by birth control pills, and night leg cramps. They're made from natural bases and free from sugar, starch and preservatives.

Vitamins for Women. Created by one of the leading authorities on women's health, Dr. Penny Wise Budoff. Dr. Budoff has done extensive research and published many articles in prominent medical journals on menstrual pain, menopause, premenstrual syndrome and breast cancer. Her book "No More Hot Flashes" is a *New York Times* bestseller. Now, as a special introductory offer, it's yours FREE for trying *Vitamins for Women*. Together, they can make a world of difference in your life.

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Vitamin B2	25 mg	Zinc	15 mg
Vitamin B6	75 mg	Copper	1 mg
Vitamin B12	50 mcg	Selenium	50 mcg
Niacinamide	50 mg	Chromium	50 mcg
Folic Acid	400 mcg	Manganese	5 mg
•Calcium	300 mg	Biotin	25 mcg

NIGHT FORMULA

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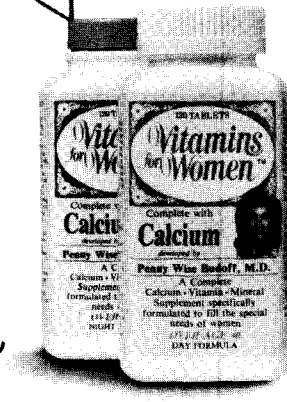
Magnesium	200 mg

•Two day and two night tablets provide 1000 mg of Calcium.

*Represents 1,670 IU of Vitamin A activity



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BEARING UP IN THE STOCK MARKET

Not knowing a bull from a bear isn't important when you are going to be a hog and have his-and-hers yachts tethered in a private marina outside your French Riviera condo.

by Maynard Good Stoddard

Illustrated by Don Trawin

The recent fuss in the stock market has reminded me of the fellow who invested half his money in paper towels and the other half in revolving doors and was wiped out before he could turn around. And of course you remember the unfortunate New York businessman wiped out in the crash of '29 when someone jumped from a 30th-floor window and landed on his pushcart.

Not that I haven't called a few wrong shots in the market myself. "It's my broker's fault," I tried to explain to my wife and head bookkeeper as I was adding the certificate for 500 shares of Glass Casket to my wall decorations.

"You should have seen through it," she quipped, handing me a thumbtack pointy end first.

When I first plunged (and I choose the word without hesitation) into the stock market, I didn't know a bull from a bear. Nor did I care. I was going to be a hog. Buy at the bottom, sell at the top. Models and starlets competing for my favors. Rolls-Royces competing with Austins for parking space on the winding drive of my spacious country estate. His-and-hers yachts tethered in the private marina outside my French Riviera condo. That sort of thing.

Today, I am not a hog. Neither am I a bull or a bear. I am a chicken. I've been plucked so many times I'm right down to the pinfeathers. And, baby, it's cold outside.

The first stone in my Davidic slingshot with which I would bring the stock-market Goliath to its knees went by the name of Israel American Oil. It was being touted by the cleaning woman in our office, whose niece had only recently returned from a ten-day tour of the Holy Land. On September 16, 1960, I took on 600 shares at 5/16 (the old "buy low" theory) for $187.50 plus the broker's $12.00 commission.

Don't fall in love with a stock, the experts say. Embrace them, yes, but be ready to let them go without looking back. Not me. Not even the first annual report, which listed current assets at 1.57 over current liabilities, could break up our relationship. Not that 1.57 is a discouraging ratio, but in checking the footnotes to see if that 1.57 was in millions of dollars, or perhaps even billions, I discovered it was neither. A buck-57—that was it. And if the value of the company president's desk hadn't been included with the assets (no kidding), liabilities would have won out by exactly $74.43.

By a stroke of luck, before I could reach a decision on whether to take my money and run, Israel American Oil bought the Paradise Mattress Company (you can check it out). So instead of selling, I bought another 400 shares at 3/8, or $150 plus $8 commission.

Talk about sitting pretty. How much prettier can a man sit than on a cushion of 1,000 shares of oil stock with the parent company owning a subsidiary bearing the irresistible name of Paradise Mattress?

What the cleaning woman in our office didn't anticipate, however, was something called "reversible split." In this case, it meant taking 17 of my shares and doling out 1 share, leaving me with exactly 66 shares and change. The split shares I eventually unloaded for 1 3/8, or $100.54, giving me a net loss of $256.96. Welcome to the wonderful world of his-and-hers yachts!

Undaunted (unfortunately, I don't daunt easily), I took the advice of the market sages, sager than I, at any rate, at that time, and bought ten shares of ten different stocks. Three would possibly go down, four should tread water, and three would go up was the wise men's theory. And the three uppers would more than offset the loss incurred by the three downers and maybe a buck or two on the four hold-their-own-ers.

For today's novice who might consider giving this strategy a shot, I recommend instead hanging a stock-market page on the wall and, blindfolded, sticking a pin in the paper ten different times. The reason I recommend this: turn to the stock listings in your local paper and look for Atlas Sewing Centers, Great American Industries, Unitrode, Muter Co., and Cinerama. Or how about those giants of industry known as Gas Hills Uranium, Nuclear Corp., Miniature Instruments, Gulf American Land, and Thompson Starrett? That's right, the fat lady has sung for all ten. Only by chance did I unload two of these losers on my son for a Christmas present while the old girl was in her dressing room warming up.

If any of the remaining eight should one day show up, removing the stock certificates from the wall of my study certainly won't help the décor. Especially Miniature Instruments, with its lovely heliotrope border. And it contrasts so beautifully with the four orange-trimmed Atlas Sewing Centers $1,000 bonds I snapped up for only $25 each, with dividend coupons still attached.

About this time I decided that a change of brokers might be the answer. True, I was a little embarrassed, because a couple of outright dogs, as they are known in stock-market circles, were kenneled in my portfolio. But certainly they gave the broker no right, after appraising my holdings, to smart off to one and all: "Yes, I'll handle this stuff, Mr. Stoddard, but not before I've had a rabies shot."

The bell now tolling with regularity for my investments, I began to rely more and more on the old "bigger fool" theory, hoping, that is, that the cleaning woman would dig up someone dumber than I to buy my shares before the clapper came through with its final bong.

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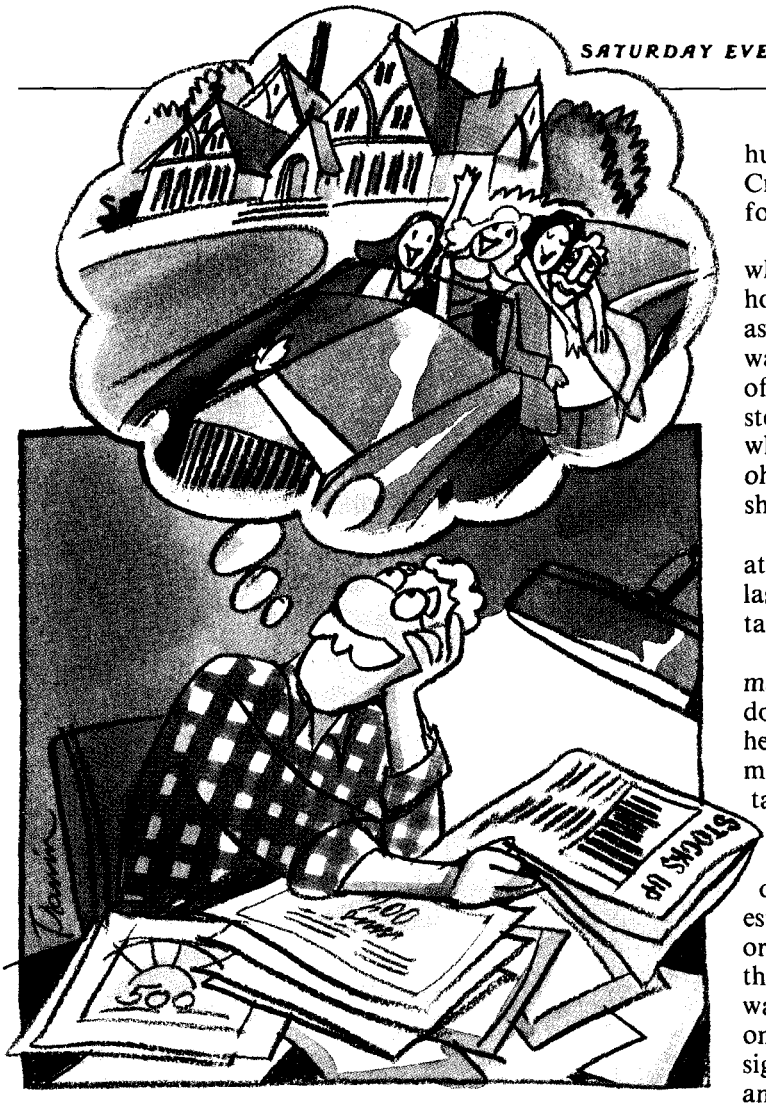

Richmond Homes, though not exactly of blue-chip status, was by no means a mutt, either. Not at 2½ bucks a share, at which point I had added 200 shares to my holdings. Nine months later I got out at 2⅝. After paying commissions, this left me with a net loss of a mere $7.70.

I didn't do quite so well with Fotochrome, buying at 100 on July 27 for 7¾ and selling on August 14 for 7. Instead of falling in love with this one, I barely had time to kiss it hello. But the point for you young investors to remember is: knowing when to dump a stock is more important than knowing when the cleaning woman is just kidding around.

Another point is this: if you buy a stock at $2 a share, $2 a share is all you can lose. A few hundred shares at two bucks, of course, can add up, but even then it beats taking on a prima donna such as, say, Crime Control.

"It's an $80.00 stock!" my broker breathed into the phone. "I've just added another 17,000 shares to my own account." So what more proof does a his-and-hers yachter need? The stock was priced at 19½; it didn't take an Einstein to figure that 19½ from 80 would leave a neat profit of—just a minute—$60.50 a share. I ordered 100 shares and immediately splurged on a new suit on the strength of the impending profits.

When the stock dropped to 14¼, I called the broker for a little reassurance. "It's a buy opportunity," he reassured me. "Load up." So I loaded up with another hundred shares. Last month, Bank One, who handled Crime Control's bankruptcy payoff, mailed me a check for $150—my share of the remains. Crime control indeed!

Upon recovering from this disaster, I decided I'd go whole hog only on those tips coming directly from the horse's mouth. I mean, I had a friend—at that time—associated with a company called Alphanumeric, and he was buying up their stock at a prohibitive, for me, price of $54 per. Sure enough, I watched the stock begin a steady climb into the wild blue yonder of a nifty 74, at which point it reversed direction. When it hit 17½, boy oh boy, I couldn't wait to blow the rent money on 100 shares. At 3⅞ I nailed down another 100.

After selling these 200 at two bucks a share, I bought 500 at 14¢ and six months later added another 500 at 11¢. The last quote I had on it, a year later, was 2¢ offered, no takers. And the certificates are not all that pretty.

When it comes to taking a beating in the stock market, one has a choice of two alternatives. It can be done my way, buying low and watching the company head for the shelter of Chapter 11. Or it can be done the more popular way: having the stock appreciate until the taxes on the profits bring you to your knees. And I've had a few pretty close calls here, too.

Resorts International was one I escaped paying taxes on only by the skin of my teeth. A quiet little real-estate company in the Bahamas, with a gambling facility or two on the side, the outfit warranted a play, I thought. So I took on 200 shares at a price of 2½. After waiting a reasonable length of time for the stock to get on a roll, but no dice, I unloaded at 2⅛. This was the signal for the company to open a casino in Atlantic City, and you know the rest. If you don't, I can tell you: they began raking in profits that made the Las Vegas people scramble for a piece of the action. After Resort's stock shot above the $100 mark, I stopped looking. But can you imagine the taxes I'd have had to pay on that rocket if I hadn't jumped off when I did? I still engage in aerobic sleeping just thinking about it.

An Indiana stock gave me an even closer call. Realsilk Hosiery, in a lax moment, let me buy into the company at $25 per. After paying two dividends, they offered to take the stock off my hands at $49 per. The taxes on my ten-share, $240 windfall were not all that bad. But if you have a chance to look at a listing of Indiana stocks before the recent stock-market slaughter, run your finger down the list to Realsilk Hosiery. That's right—$410 bid, no seller. How the IRS people would have been rubbing their hands had I hung on to that baby just a little while longer.

Growing older, I have found, has more rewards than just a senior citizen's 10 percent discount card at Hardee's. Today, I am not only older but wiser in stock-market manipulations. Instead of being a speculator, I am an investor, putting my money only in sure things. In fact, I heard of one just this week. My grandson has a roommate at Indiana University whose dad says there's an electronics company in the Philippines—oh, no, I'm not going to broadcast it and run the price up until I've got my shares tucked away in the old lockbox.

I just hope the taxes on this one won't wipe me out.

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THE LOVE LETTER

When she wrote it she never dreamed what it would lead to.

by Jack Finney

Illustrated by Coby Whitmore

I've heard of secret drawers in old desks, of course; who hasn't? But the day I bought my desk I wasn't thinking of secret drawers, and I know very well I didn't have any least premonition or feel of mystery about it. I spotted it in the window of a secondhand store near my apartment and went in to look it over, and the proprietor told me where he got it. It came from one of the last of the big old mid-Victorian houses in Brooklyn; they were tearing it down over on Brock Place, a few blocks away, and he'd bought the desk along with some other furniture, dishes, glassware, light fixtures, and so on. But it didn't stir my imagination particularly; I never wondered or cared who might have used it long ago. I bought it and lugged it home because it was cheap and because it was small. I fastened the legless little wall desk to my living-room wall with heavy screws directly into the studding.

I'm 24 years old, tall and thin, and I live in Brooklyn to save money and work in Manhattan to make it. When you're 24 and a bachelor, you usually figure you'll be married before much longer, and since they tell me that takes money, I'm reasonably ambitious and bring work home from the office every once in a while. And maybe every couple of weeks or so I write a letter to my folks in Florida. So I'd been needing a desk; there's no table in my phone-booth kitchenette, and I'd been trying to work at a wobbly little end table I couldn't get my knees under.

So I bought the desk one Saturday afternoon and spent an hour or more fastening it to the wall. It was after six when I finished. I had a date that night, and so I had time to stand and admire it for only a minute or so. It was made of heavy wood, with a slant top like a kid's school desk, and with the same sort of space underneath to put things into. But the back of it rose a good two feet above the desk top and was full of pigeonholes like an old-style roll-top desk's. Underneath the pigeonholes was a row of three brass-knobbed little drawers. It was all pretty ornate, the drawer ends carved, some fancy scrollwork extending up over the back and out from the sides to help brace it against the wall. I dragged a chair up; sat down at the desk to try it for height; then got showered, shaved, and dressed and went over to Manhattan to pick up my date.

I'm trying to be honest about what happened, and I'm convinced that includes the way I felt when I got home around 2:00 or 2:30 that morning; I'm certain that what happened wouldn't have happened at all if I'd felt any other way. I'd had a good-enough time that evening; we'd gone to an early movie that wasn't too bad and then had dinner, a drink or so, and some dancing afterward. And the girl, Roberta Haig, is pretty nice—bright, pleasant, good-looking. But while I was walking home from the subway, the Brooklyn streets quiet and deserted, it occurred to me that although I'd probably see her again, I didn't really care whether I did or not. And I wondered, as I often had lately, whether there was something wrong with me, whether I'd ever meet a girl I desperately wanted to be with—the only way a man can get married, it seems to me.

"Shoving my hand into the opening. . .I found a grooved indentation and pulled out the tiny secret drawer. . . ."

So when I stepped into my apartment I knew I wasn't going to feel like sleep for a while. I was restless, half-irritated for no good reason, and I took off my coat and yanked down my tie, wondering whether I wanted a drink or some coffee. Then—I'd half forgotten about it—I saw the desk I'd bought that afternoon, and I walked over and sat down at it, thoroughly examining it for the first time.

I lifted the top and stared down into the empty space underneath it. Lowering the top, I reached into one of the pigeonholes, and my hand and shirt cuff came out streaked with old dust; the holes were a good foot deep. I pulled open one of the little brass-knobbed drawers, and there was a shred of paper in one of its corners, nothing else. I pulled the drawer all the way out and studied its construction, turning it in my hands; it was a solidly made, beautifully mortised little thing. Then I pushed my hand into the drawer opening; it went in to about the middle of my hand before my fingertips touched the back. There was nothing in there.

For a few moments I just sat at the desk, thinking vaguely that I could write a letter to my folks. And then it suddenly occurred to me that the little drawer in my hand was only half a foot long, while the pigeonholes just above the drawer extended a good foot back.

Shoving my hand into the opening again, exploring with my fingertips, I found a grooved indentation and pulled out the tiny secret drawer that lay in back of the first. For an instant I was excited at the glimpse of papers inside it. Then I felt a stab of disappointment as I saw what they were. There was a little sheaf of folded writing paper, plain white, but yellowed with age at the edges, and the sheets were all blank. There were three or four blank envelopes to match, and underneath them a small, round, glass bottle of ink; because it had been upside down, the cork remaining moist and tight in the bottle mouth, a good third of the ink had remained unevaporated still. Beside the bottle lay a plain, black wooden pen holder, the pen point reddish-black

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with old ink. There was nothing else in the drawer.

And then, putting the things back into the drawer, I felt the slight extra thickness of one blank envelope, saw that it was sealed, and ripped it open to find the letter inside. The folded paper opened stiffly, the crease permanent with age, and even before I saw the date I knew this letter was old. The handwriting was obviously feminine, and beautifully clear—it's called Spencerian, isn't it?—the letters perfectly formed and very ornate, the capitals especially being a whirl of dainty curlicues. The ink was rust-black, the date at the top of the page was May 14, 1882, and reading it, I saw that it was a love letter. It began:

Dearest! Papa, Mamma, Willy and Cook are long retired and to sleep. Now, the night far advanced, the house silent, I alone remain awake, at last free to speak to you as I choose. Yes, I am willing to say it! Heart of mine, I crave your bold glance, I long for the tender warmth of your look; I welcome your ardency, and prize it; for what else should these be taken but sweet tribute to me?

I smiled a little; it was hard to believe that people had once expressed themselves in elaborate phrasings of this kind, but they had. The letter continued, and I wondered why it had never been sent:

Dear one: Do not ever change your ways. Never address me other than with what consideration my utterances should deserve. If I be foolish and whimsical, deride me sweetly if you will. But if I speak with seriousness, respond always with what care you deem my thoughts worthy. For, oh my beloved, I am sick to death of the indulgent smile and tolerant glance with which a woman's fancies are met. As I am repelled by the false gentleness and nicety of manner which too often ill conceal the wantonness they attempt to mask, I speak of the man I am to marry; if you could but save me from that!

But you cannot. You are everything I prize; warmly and honestly ardent, respectful in heart as well as in manner, true and loving. You are as I wish you to be—for you exist only in my mind. But figment though you are, and though I shall never see your like, you are more dear to me than he to whom I am betrothed.

I think of you constantly. I dream of you. I speak with you, in my mind and heart; would you existed outside them! Sweetheart, good night; dream of me, too.

With all my love, I am,
your Helen

At the bottom of the page, as I'm sure she'd been taught in school, was written, "Miss Helen Elizabeth Worley, Brooklyn, New York," and

as I stared down at it now I was no longer smiling at this cry from the heart in the middle of a long-ago night.

The night is a strange time when you're alone in it, the rest of your world asleep. If I'd found that letter in the daytime, I'd have smiled and shown it to a few friends, then forgotten it. But alone here now, a window partly open, a cool late-night freshness stirring the quiet air—it was impossible to think of the girl who had written this letter as a very old lady, or probably long since dead. As I read her words, she seemed real and alive to me, sitting—or so I pictured her—pen in hand at this desk, in a long, white, old-fashioned dress, her young hair piled on top of her head, in the dead of a night like this, here in Brooklyn almost in sight of where I now sat. And my heart went out to her as I stared down at her secret, hopeless appeal against the world and time she lived in.

I am trying to explain why I answered that letter. There in the silence of a timeless spring night it seemed natural enough to uncork that old bottle, pick up the pen beside it, and then, spreading a sheet of yellowing old notepaper on the desk top, to begin to write. I felt that I was communicating with a still-living young woman when I wrote:

Helen: I have just read the letter in the secret drawer of your desk, and I wish I knew how I could possibly help you. I can't tell what you might think of me if there were a way I could reach you. But you are someone I am certain I would like to know. I hope you are beautiful, but you needn't be; you're a girl I could like, and maybe ardently, and if I did I promise you I'd be true and loving. Do the best you can, Helen Elizabeth Worley, in the time and place you are; I can't reach you or help you. But I'll think of you. And maybe I'll dream of you, too.

Yours,
Jake Belknap

I was grinning a little sheepishly as I signed my name, knowing I'd read through what I'd written, then crumple the old sheet and throw it away. But I was glad I'd written it—and I didn't throw it away. Still caught in the feeling of the warm, silent night, it suddenly seemed to me that throwing my letter away would turn the writing of it into a meaningless and foolish thing, though maybe what I did seems more foolish still. I folded the paper, put it into one of the envelopes, and sealed it. Then I dipped the pen into the old ink and wrote "Miss Helen Worley" on the face of the envelope.

I suppose this can't be explained. You'd have to have been where I was and felt as I did to understand it, but I wanted to mail that letter. I simply quit examining my feelings and quit trying to be rational: I was suddenly determined to complete what I'd begun, just as far as I was able to go.

My parents sold their old home in New Jersey when my father retired two years ago, and now they live in Florida and enjoy it. And when my mother cleared out the old house I grew up in, she packed up and mailed

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ne a huge package of useless things I was glad to have. There were class photographs dating from grammar school through college, old books I'd read as a kid, Boy Scout pins—a mass of junk of that sort, including a stamp collection I'd had in grade school. Now I found these things on my half-closet shelf, in the box they'd come in, and I found my old stamp album.

It's funny how things can stick in your mind over the years; standing at the open closet door, I turned the pages of that beat-up old album directly to the stamps I remembered buying from another kid with 75¢ I had earned cutting grass. There they lay, lightly fastened to the page with a little gummed-paper hinge: a pair of mint-condition two-cent United States stamps, issued in 1869. And standing there in the hallway looking down at them, I once again got something of the thrill I'd had as a kid when I acquired them. It's a handsome stamp, square in shape, with an ornate border and a tiny engraving in the center: a rider on a galloping post horse. And for all I knew they might have been worth a fair amount of money by now, especially an unseparated pair of stamps. But back at the desk I pulled one of them loose, tearing carefully through the perforation; licked the back; and fastened it to the faintly yellowing old envelope.

I'd thought no further than that; by now, I suppose, I was in almost a kind of trance. I shoved the old ink bottle and pen into a hip pocket, picked up my letter, and walked out of my apartment.

Brock Place, three blocks away, was deserted when I reached it, the parked cars motionless at the curbs, the high, late moonlight softening the lines of the big concrete-block supermarket at the corner. Then, as I walked on, my letter in my hand, there stood the old house, just past a little shoe-repair shop. It stood far back from the broken cast-iron fence in the center of its wide weed-grown lot, black-etched in the moonlight, and I stopped on the walk and stood staring up at it.

The high-windowed old roof was gone, the interior nearly gutted, the yard strewn with splintered boards and great chunks of torn plaster. The windows and doors were all removed, the openings hollow in the clear wash of light. But the high old walls, last of all to go, still stood, tall and dignified in their old-fashioned strength and outmoded charm.

Then I walked through the opening where a gate had once hung, up the cracked and weed-grown brick pavement toward the wide old porch. And there on one of the ornate fluted posts, I saw the house number deeply and elaborately carved into the old wood. At the wide flat porch rail leading down to the walk, I brought out my ink and pen and copied the number carefully onto my envelope; "972," I printed under the name of the girl who had once lived here, "BROCK PLACE, BROOKLYN, N.Y." Then I turned toward the street again, my envelope in my hand.

"We were just curious why a man of your reported income was featured on 'Lifestyles of the Rich and Famous.'"

There was a mailbox at the next corner, and I stopped beside it. But to drop this letter into that box, knowing in advance that it could go only to the dead-letter office, would again, I couldn't help feeling, turn the writing of it into an empty, meaningless act, and after a moment I walked on past the box, crossed the street, and turned right, suddenly knowing exactly where I was going.

I walked four blocks through the night, passing a hack stand with a single cab, its driver asleep with his arms and head cradled on the wheel, and a night watchman sitting on a standpipe protruding from the building wall, smoking a pipe; he nodded as I passed, and I nodded in response. I turned left at the next corner, walked half a block more, then turned up onto the worn stone steps of the Wister postal substation.

It must easily be one of the oldest postal substations in the borough, built, I suppose, not much later than during the decade following the Civil War. And I can't imagine that the inside has changed much at all. The floor is marble, the ceiling high, the woodwork dark and carved. The outer lobby is open at all times, as are post-office lobbies everywhere, and as I pushed through the old swinging doors I saw that it was deserted. Somewhere behind the opaque blind windows a light burned dimly far in the rear of the post office, and I had an impression of subdued activity back there. But the lobby itself was dim and silent, and as I walked across the worn stone of its floor, I knew I was seeing all around me precisely what Brooklynites had seen for no telling how many generations long dead.

• • •

The Post Office has always seemed an institution of vague mystery to me, an ancient and worn but still functioning mechanism that is not operated, but only tended by each succeeding generation of men to come along. It is a place where occasionally plainly addressed letters with clearly written return addresses go astray and are lost, to end up no one knows where for reasons impossible to discover, as the postal employee of whom you inquire will tell you. And its vague air of mystery, for me, is made up of stories—well, you've read them, too, from time to time, the odd little stories in your newspaper. A letter bearing a postmark of 1906 is delivered today—simply because inexplicably it arrived at some post office along with the other mail, with no explanation from anyone now alive. Or sometimes it's a postcard of greeting—from the Chicago World's Fair of 1893, maybe. And once, tragically, as I remember reading, it was an ac-

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BOOM! IT'S JOHN MADDEN

There's nothing subtle about the former pro-football coach who has transferred his flamboyant style to the announcer's booth.

by John McCollister

"It's first down and ten. Dan Marino gets the snap from center. He looks to pass—no one open—he looks to run—*Boom!* He's hit by the linebacker. *Wham!* He's hit again. *Pow!* The ball squirts loose—and—*Hey! Wait a minute!* The ball rolls out of bounds."

Translation: "No gain. Second down and ten."

With his spontaneous flair for the dramatic, John Madden has just converted a lackluster play into a memorable event.

But faithful viewers of CBS television have grown accustomed to the histrionics of this 250-pound (plus) former player and coach turned broadcaster who adds zest to the game without getting himself in the way of the action down on the field.

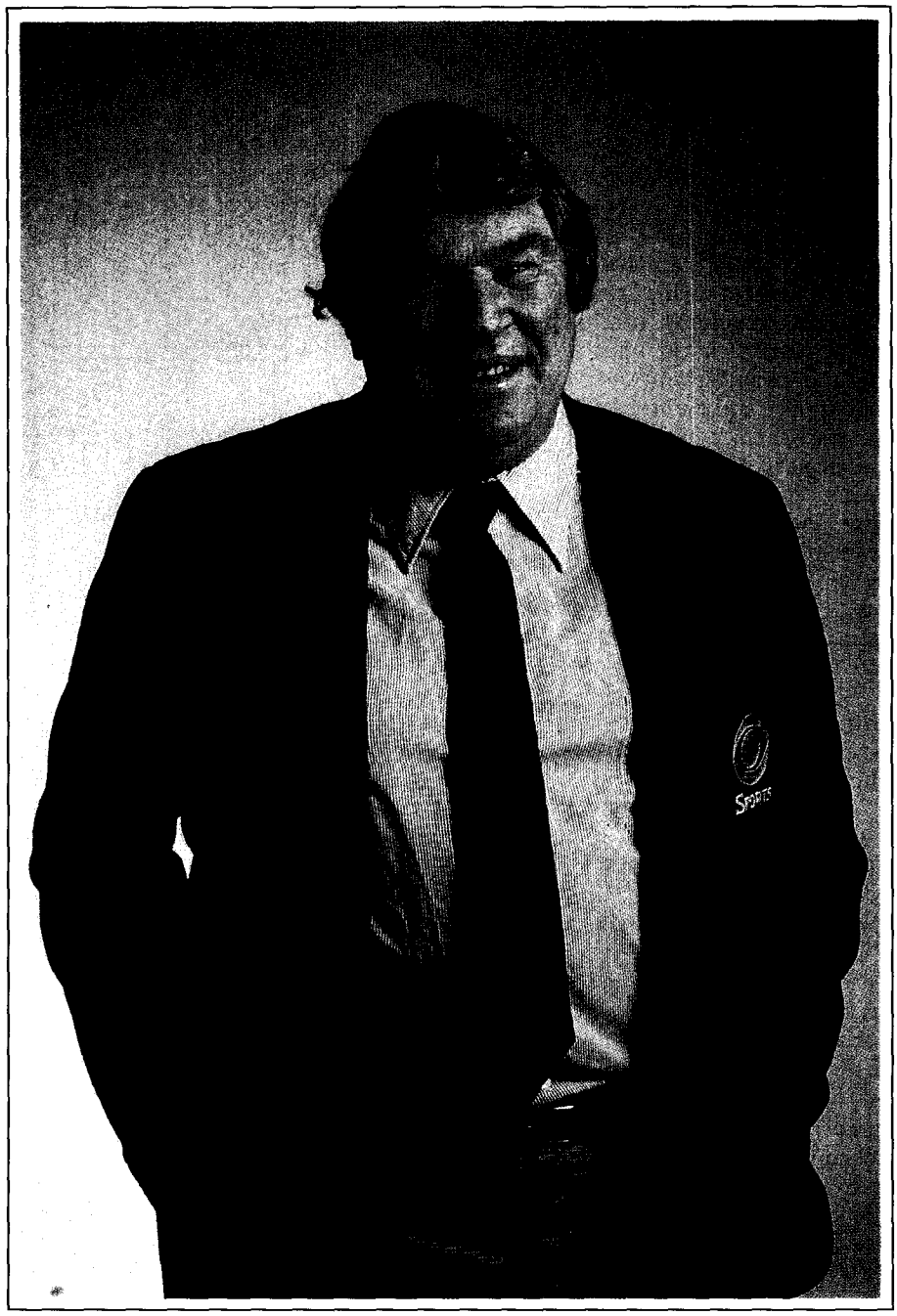
Unlike other announcers who pepper their commentaries with personal tirades and draw the ire of the fan, John Madden remains a cuddly "teddy bear" who can do no wrong. "Madden isn't just well-liked, he's positively beloved," a reporter wrote. Perhaps that sort of accolade is due to the fact that this gentle giant loses himself in arm-waving and superlatives about anything important—including football, family, and flying.

Until Superbowl XI, Madden was just another professional football coach, nervously pacing the sidelines of the Oakland Raiders. With that win over Minnesota following the '76 season, however, he became a "household name." Both the seasoned fan and the "Super Bowl only" viewer identified with this outspoken, opinionated diamond in the rough who described his players and associates in colorful terms.

He remarked about one ballplayer who committed an obvious mental mistake, "His light is on, but there's nobody home." Of another he said irreverently, "His elevator doesn't go all the way to the top."

Those expressions come rather easy, he claims, because he's surrounded by a wealth of vulnerable material. "I've never met a great player who wasn't a little goofy," he disclosed in his autobiography, entitled *Hey, Wait a Minute*. "I mean 'goofy' to be a positive quality. It's like saying that a genius is a little wacky—that's what makes a genius."

At the same time, professional football was and is serious business to him. After the 1974 season opener—a see-



To catch the former coach and current commentator John Madden with his hands in his pockets is rare indeed; the 250-pound "cuddly bear" more often is seen waving his arms around about some important matter—usually football.

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saw contest that ended in a 21-20 loss to the Buffalo Bills—Madden had left the locker room for the team bus when Howard Cosell approached him.

"You gave us a great show, John," Cosell said.

"A great show? To you it's a show, but to me it's a lousy game we lost. And there's nothing great about it!" Madden kept walking toward the bus without looking back.

When he left coaching in 1979, he had collected 103 wins, a Super Bowl ring, and one irritating ulcer. He also maintained his now-legendary flamboyant style and some strong convictions.

It's common knowledge, for example, that when he travels, he refuses to fly; instead, he rides trains or travels America's roads in his specially equipped bus baptized "The Madden Cruiser."

He used to fly with the team on chartered aircraft and for speaking engagements on a few commercial flights. But he suffered increasing anxiety attacks with each trip. Immediately following takeoff, he would feel woozy and break into a cold sweat and his legs would become weak. Retirement from coaching eliminated the demand to fly, so he made his own arrangements to travel for CBS or TV-commercial productions.

One of the reasons for his fear of flying, he concludes, is his vivid memory of a 1960 twin-engine plane crash in which 16 football players from Cal Poly (where he earned a master's in education) were killed.

This phobia of being airborne still plagues him, even in unexpected places. The first time he had to cover an NFL playoff game during Christmas week was in 1980 in Dallas. He was joined in an empty hotel in the middle of an emptier downtown by his wife, Virginia, and his two sons. The hotel suite was furnished with a room-service Christmas tree, but that did little to create the Christmas spirit shared by others who were at home—where they should be.

The worst time was Christmas Eve, when he made reservations for dinner at the Reunion Tower restaurant with a revolving floor atop the 50-story office building. As he stepped off the elevator onto the moving platform high above Dallas, he became jittery. He sat there for only a few moments before bolting out of the chair.

"I can't eat here," he told his wife. Virginia and the boys understood. He told them to stay; there was no use in spoiling their dinner. He went downstairs and ate Christmas Eve dinner alone in a coffee shop. He spent the next hour spinning stories, to the delight of the waiters who had to work that evening.

John Madden hasn't been alone much since he appeared in some popular TV commercials. In one of them, Madden, at the end of a softball game, comes crashing through a paper billboard on the outfield fence, waving his arms in windmill-like fashion while yelling, "Wait a minute. This game isn't over yet. I caught that ball." The day after that commercial ran for the first time, strangers approached him on the street, waved their arms, and repeated the lines word for word.

On the outside, John Madden appears to be a hard-nosed tough guy. Those close to him know him as he really is—a compassionate man with a heart bigger than his waistline. This was never more apparent than following an exhibition game in 1978.

During the third quarter, Darryl Stingley, a wide receiver for the New England Patriots, collided with Jack

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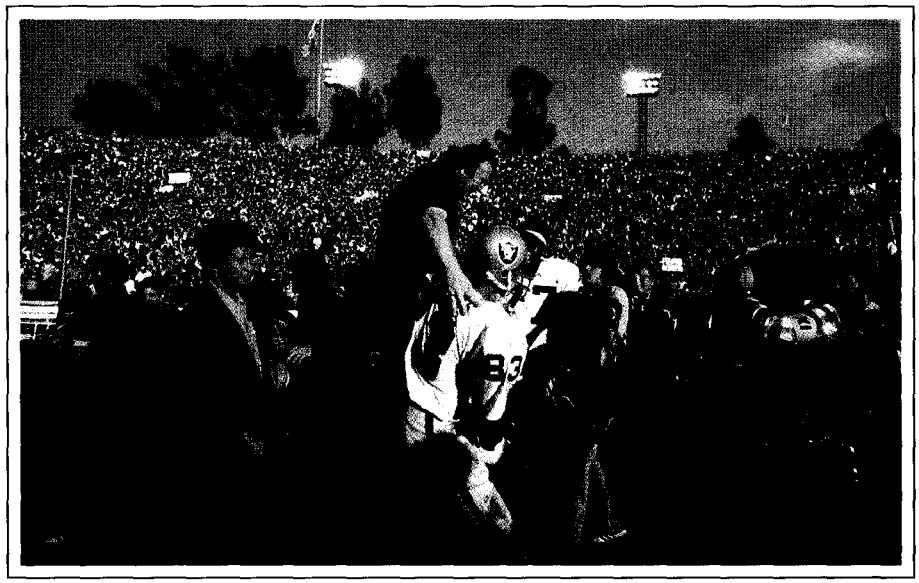
Madden is haunted by the memory of a fatal plane crash; being carried off the field on the shoulders of his players is as close to flying as he has ever wanted to come.



Pat Summerall and John Madden have shared the CBS sportscasters' booth since 1979 with Madden adding the credibility of one who has "been there" to the scene on the monitor.

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CLEANING HOUSE

Although your house may not be a hazardous-waste site, it is likely infected with pollutants. The good news is that they can be cleared up without costing a fortune.

by Susan Gilbert

Illustrated by Don Trawin

When Ben Olewine decided to build a house in Fairfield County, Connecticut, he wanted to avoid using a material that, in his New York City apartment, had actually made him sick. "My eyes were constantly irritated and I kept sneezing, getting congested, and feeling nauseated," recalls Olewine, a marketing consultant. "One guest ended up being sick for two weeks."

Sniffing through the apartment, Olewine traced the problem to one of the bedrooms: "I took everything out of the room until I was left with just the carpet and the wall covering. I put my nose to the carpet and didn't sneeze. Then I put my nose to the wall and sneezed like crazy." Olewine soon learned that he was sensitive to the formaldehyde in the wall covering's adhesive.

Such severe reactions to formaldehyde made Olewine and his wife, Denise, think about other dangerous chemicals often found in homes—toxic fumes from paints and wood finishes, lead in the water, asbestos. To keep substances like these to the minimum, the Olewines hired Paul Bierman-Lytle, a Connecticut architect and contractor who has earned as much acclaim for his designs as for his use of unconventional nontoxic or low-toxic materials: formaldehyde-free particle boards and wallpaper glue, insulation made of cork, and wood finishes made of beeswax. His pristine constructions—there are only a handful in the country—cost about 20 percent more than conventionally built houses, but to the Olewines it was worth it. "I really notice a difference," Olewine says. "No sneezing, no nausea."

The Olewines' concern over their environment may be extreme, but it is by no means unwarranted. The Environmental Protection Agency estimates that indoor air pollutants cause as many as 6,000 cancer deaths each year and that radon causes an additional 20,000.

"People get hysterical at the thought of hazardous-waste sites," says Dr. John Spengler, a professor of environmental health at the Harvard University School of Public Health. "But studies show that your risk of getting cancer from exposure to chemicals in the water, paint stripper, and other solvents found in your home is greater than your risk from exposure to the same chemicals in a hazardous-waste site. And these findings don't just apply to extremely polluted houses."

Indoor air pollutants may cause as many as 6,000 cancer deaths each year, and radon may cause an estimated additional 20,000.

In response to increased awareness about indoor pollutants, a constellation of products and services has emerged in recent years to help homeowners and apartment dwellers identify, measure, and remove harmful substances. Pollution control has ballooned into a billion-dollar-a-year business, and as more and more firms enter the field, environmental experts are warning consumers to beware of charlatans. In most states, lists of qualified companies can be obtained from either the department of environmental protection or the department of health.

The U.S. Senate is considering whether the federal government should protect the quality of the air inside private homes. But for the time being, the decision to confront household pollution is up to each individual. In most cases, people can clear the air and water in their homes easily and without spending a fortune.

Asbestos

Asbestos would be a wonder material if it weren't also highly carcinogenic. This fibrous mineral has been used to insulate walls and heating pipes, to soundproof rooms, to fireproof walls and fireplaces, to strengthen vinyl floors and joint compounds, and to give many paints their texture. About one-quarter of the houses and apartment buildings constructed or remodeled between 1920 and 1970 contain asbestos.

Asbestos poses a health hazard only if fibers are released into the air. But anything from pulling up old linoleum to putting in a new bathroom can make asbestos crack or disintegrate. If the fibers are inhaled, they can cause cancer of the lung, stomach, and chest lining, as well as asbestosis, a usually fatal lung disease. Tobacco and asbestos are a particularly deadly combination. The American Lung Association says prolonged exposure to asbestos almost doubles the likelihood that a smoker will develop lung cancer.

Since the 1970s, the federal government has prohibited the use of asbestos in insulation, fire retardants, soundproofing materials, and joint compounds, and it is considering a ban on asbestos in all consumer products. Meanwhile, 33 states have passed laws of their own. New York City has the toughest local regulation, which requires that owners of apartment buildings have them checked for asbestos before doing any major renovation, construction, or demolition; they are also required to submit plans for either containing or removing the asbestos.

The United States Consumer Products Safety Commission (CPSC), an independent agency that works with the EPA, has compiled a list of EPA-certified detection companies. For a free copy, write to Asbestos List, United States Consumer Products Safety Commission, Washington, DC 20207. The cost of inspection ranges from $500 to $2,000, depending on the size of your home. If the inspection shows there is asbestos, don't assume you must get rid of it. Asbestos

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insulation around heating pipes, for example, can be contained by wrapping the pipes with duct tape.

The EPA recommends that asbestos be removed if it is in poor condition or if you are planning to do construction or renovation. If possible, hire a licensed asbestos-removal company. Although the EPA does not issue licenses, 22 states now do, up from only 4 states three years ago. New Jersey is the only state in the New York metropolitan area that has a licensing program, but New York State will start one in December. Most companies charge between $10 and $35 a square foot to scrape paint containing asbestos from walls, and between $15 and $35 a linear foot to remove asbestos insulation from heating pipes.

If asbestos-removal companies are not licensed in your area, use a firm with a track record. Many fly-by-night companies are trying to cash in on this booming business, says Michael Stahl, director of the EPA's asbestos program. These companies often do not remove the asbestos properly or clean up afterward, which may actually increase the number of fibers in the air.

Radon

Radon, a radioactive gas, is the second leading cause of lung cancer in the United States, after cigarette smoking. When you breathe in radon, it becomes trapped in your lungs and assaults them with radiation. A ten-year-old who has lived since birth in a house with high radon levels is four times as likely to develop lung cancer when an adult as a child who has not been consistently exposed.

Radon is produced by the decay of uranium in soil and rocks. As far as scientists know, it is not a health hazard outdoors; it becomes a problem only when it accumulates in an enclosed area. Radon enters houses through drainpipes or cracks in foundations and concrete basement floors. Because some ground water and aquifers are laced with the gas, it is also present in tap water.

The EPA estimates that 10 percent of the houses in the United States are polluted with potentially life-threatening levels of radon—enough to cause lung cancer in 3 of 100 people exposed to it for most of their lives. It is not uncommon to find one house riddled with radon, while its next-door neighbor is free of the gas. Scientists cannot explain this, but they suspect it has something to do with differences in ventilation and even in a house's orientation to the prevailing winds. In Pennsylvania and New Jersey, two states with unusually high radon levels, people routinely pay to have houses tested before deciding whether to buy them.

Most companies that perform radon tests offer several different kinds. The EPA recommends starting with the fastest, least expensive test. This involves leaving a small canister filled with charcoal, which absorbs radon, in the basement for several days, then returning it to the company for analysis. The test costs between $10 and $50. State radiation offices provide lists of companies that the EPA has approved for measuring radon.

Test results are given in a measurement called picocuries. If the test shows more than four picocuries per liter of air, the EPA suggests checking several other rooms in the house. If these measurements exceed four picocuries when averaged, you should take remedial action.

The first step most radon-abatement companies will recommend is to seal cracks in foundation walls and concrete basement floors, which generally costs between $300 and $500. But Michael Mardis, the chief of the radon-mitigation, protection, and quality-assurance branch of the EPA, says, "Just sealing the cracks rarely reduces radon levels."

In most cases it is necessary to install a special ventilation system, at a cost of $1,000 to $5,000. Although these systems can eliminate as much as 99 percent of the radon in a house, Mardis notes that their effectiveness depends on the house's construction. For example, one ventilation system, which draws radon from basement walls and expels it outside, works only if the walls are made of cinder blocks.

State environment or health departments have lists of companies qualified to remedy radon pollution. In New York State, call 1-800-342-3722; in New Jersey, 1-800-648-0394; and in Connecticut, 203-566-8167. Two free booklets—*Radon Reduction Methods: A Homeowner's Guide* and *A Citizen's Guide to Radon: What It Is and What to Do About It*—are also available from these offices.

Formaldehyde

It is almost impossible to avoid formaldehyde gas. It's in the resins used to make most particle board, plywood, and wood paneling; the foam in urea-formaldehyde insulation; the sizing applied to upholstery and drapes; the adhesives used with carpeting and wallpaper; the "permanent press" resin in clothes; the germ killer in toothpaste—and the ink in the dollar bills that pay for all these things.

Formaldehyde has been used in construction and manufacturing for

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more than 100 years, but only in the last decade have studies linked the gas to nasal cancer in laboratory animals. Formaldehyde fumes can also cause chronic respiratory problems, dizziness, rashes, lethargy, and nausea.

Materials containing formaldehyde emit the highest levels of gas when they are new, but they continue to release vapors for years. New houses and mobile homes have the highest formaldehyde levels—enough, in some cases, to cause long-term health problems, according to a report released this summer by the Department of Energy.

The 3-M Corporation makes the only device that people can use to measure the ambient formaldehyde levels in their homes. The device is a canister containing filter paper that has been chemically treated to react with formaldehyde. The canister should be left in any room for eight hours, then mailed to 3-M for analysis. The company will tell you whether the amount of formaldehyde in the room exceeds the limit that the Federal government has established as safe for workplaces. The canisters, which cost $49.95 each, can be ordered from 3-M Monitors, A.F.S., P.O. Box 10752, White Bear Lake, MN 55110 (612-426-0691).

The best way to minimize the formaldehyde in your home is to avoid buying products that contain the gas. Look for the low-formaldehyde or formaldehyde-free wood boards and adhesives that have come on the market in recent years.

There are also two simple strategies for reducing the amount of formaldehyde already in your home. One is to apply an epoxy sealer to particle board, fiberboard, and plywood to keep these materials from emitting the gas. The other is to buy some house plants. Research by NASA has shown that the leaves of philodendrons, spider plants, and other common house plants absorb formaldehyde. Dr. Bill Wolverton, a senior research scientist at NASA, says, "About 15 to 20 plants should completely remove the formaldehyde from an 1,800-square-foot house."

Water Pollutants

Last year, 2 percent of the country's community water supplies posed a significant risk to human health, the EPA says. One-quarter violated the agency's regulations for maintaining drinking-water quality. And environmental groups charge that those regulations are lax—the EPA sets limits on only 30 pollutants, even though the 1986 amendment to the Safe Drinking Water Act requires standards for 83.

"You shouldn't have to do that, dear. Where's that lazy son of yours?"

The EPA estimates that 38 million Americans drink water tainted with unsafe levels of lead, which causes hypertension in adults, learning disabilities in children, neurological damage in fetuses, and miscarriages. The agency has proposed cutting by half the amount of lead allowed in drinking water, but this alone would do little to address the problem. Most lead gets into water as it passes through the pipes in your town or even your house, yet Federal laws require that water be tested only in reservoirs, water towers, and other places where it is stored.

Several carcinogens are also present in much of the country's drinking water. "The carcinogens we are most concerned about are radon and the by-products of chlorine, which is used to disinfect water," says Lawrence Jensen, the EPA's assistant administrator for water. Despite the presence of carcinogens, research suggests that most tap water is relatively safe. According to a study published this year in *Science,* one quart of chlorinated tap water is less carcinogenic than, among other things, one raw mushroom.

Many local water supplies will test tap water for contaminants, sometimes without charge. There are also commercial water-testing laboratories. The largest of these, WaterTest, provides home-testing kits and laboratory analyses that cost from $29.95 for measuring bacteria levels to $104.95 for detecting carcinogens. Contact WaterTest Corporation, P.O. Box 6360, Manchester, NH 03108-6360 (1-800-426-8378).

If you have questions about your water, call the EPA's toll-free number (1-800-426-4791). To lower the lead content of your water, the EPA recommends running the cold water from each faucet for about two minutes every morning to flush out water that sits in the pipes all night, accumulating lead. WaterTest considers this a waste of time and water. "Sometimes lead content actually goes up," says Jeff Vaughn, the company's public-relations manager.

Many of the agency's other suggestions are less controversial. Always use cold tap water for cooking, since hot water strips pipes of more lead. And let your water supplier know if you have any complaints about your drinking water. "Water companies can reduce lead content by more than half by treating the water to make it less corrosive," says Jeanne Briskin, an EPA chemist.

Significant amounts of lead and many other pollutants can be elim-

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...AND THE VAN PLAYED ON

Fighting AIDS in the heartland! If the University of Minnesota and the St. Paul Red Cross could test 250,000-plus low-risk people with no false positives, why can't labs in the rest of the country do so?

by Cory SerVaas, M.D.

With apologies to Randy Shilts for playing with his title, we bring you the next chapter in the saga of the AIDS MOBILE as it plays its message of AIDS prevention in the heartland and wherever it is welcome.

Andy and Sonny, about whom you've read, were driving the van back from a testing site when they stopped at a filling station in a mountain village. The attendant paled when he read the words "AIDS MOBILE" and saw the two men exit the sleeper van. "Two men . . . AIDS . . . no way . . . you pump your own gas," he told them, backing off and standing his ground. Andy and Sonny laughed about it, and they find that those who at first appear irrationally fearsome soon laugh with them when they take time to explain how AIDS is really spread—primarily by sex and blood.

The AIDS MOBILE got a warm welcome at the Teen Challenge homes in Harrisburg; Pittsburgh; Rehrersburg, Pennsylvania; and Wheeling, West Virginia. It was an inspiration to the counselor-phlebotomists to meet the rehabilitated drug addicts. To date, the AIDS MOBILE program has tested 1,056 persons; 28 have been confirmed AIDS-antibody positive.

I discovered that you have to be careful about emphasizing the word "blood." A young man who resembled a Harlem Globetrotters basketball star wanted to talk to us in the AIDS MOBILE. I cautioned him that sleeping with a woman is like sleeping with all her sex partners for the past ten years. His eyes widened. He broached a concern: "What if accidentally her period had come up on her and I got that blood on me during sex—would I get AIDS?" He was so comical I could hardly keep a straight face. It would have been funny had his misconception not been so serious. I went back to basics and explained to him that the vaginal fluids from a sexual partner are all that are needed to infect him if his partner is an AIDS carrier. He knows now that blood isn't the only culprit in spreading a sexually transmitted disease. I believe the AIDS virus has been found in all the body fluids, I told him.

Andy and Sonny learn more about their fellow Americans every day, and from hearing their experiences, you come away reassured that people are basically decent about AIDS. They laugh about their fears when they have the facts explained to them. When they believe that what you are telling them is the truth, they can handle it.

The AIDS MOBILE staff has tested 1,056 individuals and discovered 28 to be AIDS positive.

We have tested people of high risk, low risk, and medium risk. From our experience the argument that widespread testing will drive high-risk persons underground just doesn't hold up. It may sound good in theory, but out in the real world, in practice, it appears not to be a problem at all. People at all risk levels seem anxious to be counseled and tested—freely and voluntarily (confidentially or anonymously, as they wish).

After having interviewed these people, Andy estimates that 95 percent of the persons at risk in the country would gladly be tested voluntarily if it were free and convenient to do so. There's persistent talk that *mandatory* testing would drive high-risk persons underground, but we haven't found anyone wanting to go underground with *voluntary* testing. So why don't we spend our resources on voluntary testing? Because there is yet another argument: "We can't do widespread voluntary testing because there are too many *false positives*."

The Department of Defense has tested in excess of 4 million persons and has recently assessed a false-positive rate of 1 out of 135,000 low-risk individuals (after repetitive ELISA positives and a confirmatory Western blot). The one false positive could be checked further by studying T cells and by culturing the virus from the blood.

An infectious disease specialist at Indiana University, Dr. Judith Johnson, said: "I don't want any AIDS antibody-positive individuals to dismiss their results as being false positive. I fear that patients may deny their high-risk behavior and rationalize away their test results. Most seropositive people, if they review their past history, will be able to find some risk factor," she said. "For example, after thinking about a positive AIDS diagnosis, a patient might make a comment like 'Well, I did have surgery in 1980 with blood transfusions.' Persons who truly cannot find any risks should talk to their doctor about further tests."

We talked with Dr. Brooks Jackson at the St. Paul Red Cross and to State Epidemiologist for Minnesota

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Dr. Michael Osterholm. After testing more than 250,000 low-risk patients, they had no *false* positives. These were low risk, all right—they were blood donors—all 250,000-plus of them. They found 15 positives, confirmed by the Western blot. How did they know that they weren't *false positives*? Each of the 15 admitted to being high-risk. The actual AIDS virus was cultured from the blood of all 13 patients who have come in to date for follow-up blood testing. The fourteenth patient was already symptomatic. The fifteenth admitted to high-risk behavior.

Having just completed the cultures, Drs. Osterholm and Jackson will be submitting the results of their research for publication. It takes a month to culture out the AIDS virus. The procedure costs about $150 at the present time, but it is expected that this cost will soon drop.

As you can see, this could lay to rest the "head in the sand" attitude that fear of a false-positive test should prevent the testing of low-risk populations. Because the test is so accurate, it should become a routine part of physicals for those who believe they have even the slightest risk.

We asked Dr. Jackson how he thought we should handle the complaints of those who say, "Don't test because some labs might give false positives."

"Should we use regional centers?" we asked him.

"Well, that's one approach," he said. "And the other approach is that they let anybody do it and have them pass proficiency panels [tests]. License laboratories that way. You just give them panels to do, and if they pass the panels then you know they're qualified to do it. I hesitate to restrict it to certain centers, although our center would certainly benefit from that. But the lines are just so long to get tested these days.

"They must wait 5 weeks, 10 weeks, and at some places 14 weeks to get an AIDS test. Just to get blood drawn to be tested! You shouldn't have to wait that long.

"And you see, a lot of that is because many centers are making it mandatory that they provide pre-test counseling at the same time. I don't think it's really necessary for low-risk people. You know, people who just want to find out. And of course this counseling takes a tremendous amount of time, and that really backs everything up. They may have the results, but they won't give them to you until you come in for counseling to reduce your high-risk behavior.

"And in the low-risk groups this just takes much time and money, and I'm not sure if it's really necessary in those groups."

I asked him, "Do you mean people who had blood transfusions who just want to know? Or maybe their child who had a blood tranfusion and is now six years old—if negative, why would he need post-test counseling to change his lifestyle?"

"Right," Dr. Jackson said. "I agree, and it should be made easy and accessible to these people. In fact, I don't even think they should have to see a physician. I mean, if they just want to go in someplace and say, 'I just want an AIDS test,' they should be able to get it done and pay their ten dollars or something and get it done. Now, if it comes out positive, I would say that that lab should refer them to a physician for counseling.

"But if you just want to get a simple result back, just for assurance, I think that's perfectly O.K., as long as the labs are qualified to do it and it can be done with a proficiency panel or something that they have to do every three months or six months or whatever. I think that would be the approach to go.

"I still think it is a good idea to identify them [the low-risk AIDS-positive individuals]. Certainly, having dealt with so many of these people at the blood center, I know that all they want is a little assurance, and I just think you should make it as accessible as possible. It's such a cheap test! We only charge seven dollars for it. I mean, this is nothing, you know."

Dr. Jackson is the assistant medical director at the St. Paul Red Cross and the assistant professor of laboratory medicine and pathology at the University of Minnesota. "The University of Minnesota has an AIDS Treatment Evaluation Unit.

We love our AIDS patients in Indiana, and Deborah Taylor is loving proof. Formerly AIDS coordinator for the Indiana State Board of Health, she now heads the AIDS MOBILE. Don Radford (left) and Jim Miller, both AIDS patients and gay, helped her compile ways to stay healthy longer—with AIDS (see next page).

Peter Michael

This is Belle Glade, Florida, with the highest number of AIDS patients per capita in the country. Dr. Deanna James (left) struggles with an overload that will worsen when Dr. Rodney Young soon returns to his practice in Miami. We ask what churches there are in her community with the hope that denominations throughout the country might work with their sister churches in Belle Glade to help educate their drug addicts. The bottom line: Belle Glade men sell their bodies for cocaine and bring AIDS to their wives and girl friends, who bear tragic AIDS babies.

continued on page 111

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WHY BE TESTED FOR THE AIDS ANTIBODY?

For anyone with some risk, it is important to know one's AIDS-antibody status. Because if you should happen to be AIDS-antibody positive, these 21 precautions might save your life or the life of someone you love:

For those who already have AIDS, ADC (AIDS Dementia Complex), or ARC (AIDS Related Complex), following these procedures may lengthen the lifespan considerably.

1

If you are AIDS-antibody positive, pregnancy may weaken your immune system and bring on AIDS, AIDS Related Complex, or AIDS Dementia Complex. The baby has a 30 to 50 percent chance of having AIDS. In an infected mother, breast milk contains the AIDS virus. Avoid breast feeding.

2

Avoid live vaccines, such as those for measles, mumps, and rubella.

3

Get a doctor's recommendation about pneumonia and flu vaccinations, which are often recommended. They use killed-virus vaccines.

4

Polio can be contracted by an AIDS-antibody-positive person from oral-polio-vaccine virus excreted in the stool of a vaccinated child or adult. No oral polio (live virus) vaccine should be given in a household with an AIDS-antibody-positive person.

5

Your doctor will not use immunosuppressive drugs, such as corticosteroids, certain antibiotics, and some anticancer drugs that are dangerous for AIDS-positive persons.

6

Don't use aspirin or other painkillers without consulting your doctor. Aspirin is slightly immunosuppressive.

7

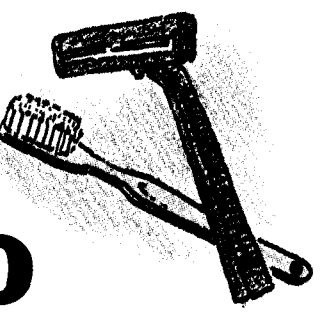
Do not use illicit drugs, including marijuana and heroin, as they are immunosuppressive.

8

Encourage your spouse, ex-spouse, and/or sex partner to have the AIDS antibody test.

9

Protect your sex partner by informing him or her of your condition; condoms improve safety but do not remove all risks.



10

Avoid sharing razor blades and toothbrushes. Don't have ears pierced or be tattooed.

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11

Decontaminate all surfaces that have come in contact with blood by cleaning with household bleach freshly diluted to one part bleach per ten parts water.

12

Cats transmit toxoplasmosis. Birds transmit histoplasmosis and psittacosis. AIDS-antibody-positive persons should not clean cat litter or bird cages.

13

Notify your physician, dentist, and any other medical personnel that you have had a positive antibody test so they can do their best to care for you and to prevent the spread of the virus.

14

Ask your family doctor to help you select a physician who specializes in infectious diseases to do additional blood tests. Such tests will reveal the condition of your protective T cells. Infectious-disease specialists are also trained AIDS counselors. Further, professional ethics dictate that *physicians maintain confidentiality.*

15

Ask your doctor about the possibility of taking AZT (an experimental AIDS drug). There is some hope that AZT may be more effective if taken in the early stages of HIV infection.

16

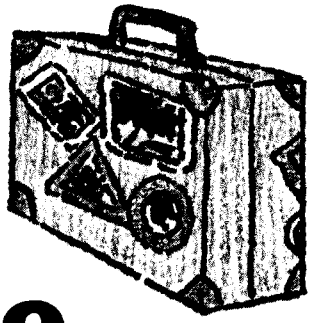
Do not donate blood, plasma, sperm, body organs, or other tissues.

17

Avoid unpasteurized milk because there is a risk of salmonella infection, which is more serious in an immuno-suppressed person. Salmonella is spread through contaminated blood from chicken and other meat. Use acrylic cutting boards that clean in dishwashers. Cook turkeys to 180° F. at center. Cook hamburgers to 170° F. Don't eat rare meat.

18

It is especially important that AIDS-antibody-positive persons exercise regularly, maintain a proper diet, get adequate rest, and avoid stress to help maintain the immune system.



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AIDS-antibody-positive individuals need to know that they are at a greater risk for serious consequences from what tourists jokingly refer to as "Montezuma's Revenge" or the "Aztec Two-Step." If you *must* visit Third World countries, take bottled water and avoid raw foods.

20

To protect your immune system, do not use alcoholic beverages or tobacco products. They are immuno-suppressive.

21

Assiduously avoid all additional sexually transmitted infections, such as cytomegalovirus, Epstein-Barr virus, syphilis, and *reinfections with the AIDS virus.*

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LEAD US NOT INTO McDONALD'S

by Bill Cosby

Illustrated by Marcus Hamilton

"Eat your spinach and drink your milk."

When I was a boy in Philadelphia in the innocent '40s, this was the mealtime litany chanted by millions of mothers, who passionately believed in learning nutrition from cartoons. Popeye, the world's most able-bodied seaman, sent cans of spinach directly to his arms; Jack Armstrong, the "All-American Boy," sent glasses of milk directly to his knuckles and teeth. Of course, Popeye had an IQ of 12 and Jack Armstrong was still in high school at 20, but they were the world's *healthiest* nitwits.

In the years that I was growing up, I began each day with a glass of milk, the perfect food, and a bowl of cereal that was covered by more of this perfection, and sometimes I also had bacon and eggs, the stuff of rural wholesomeness. For lunch (if I had time for it during my marathon of street play), I drank a whole *quart* of milk, sometimes so fast that I got a headache across one eye, and for dinner, I simply ate two steaks, which I didn't even bother to chew.

By feeding me like this, my mother had no doubt that I would live to 105, belting bullies all the way while also defending the flag.

And then I learned about cholesterol.

"Did I hear you say that you eat fried-egg sandwiches?" my doctor asked me one day when I was in my 40s.

"With a pickle," I replied.

"You'd be better off eating cyanide; it has less cholesterol."

"But, doctor, I still feel in pretty good *shape*. My body is still a *temple*."

"No, it's not; it's Fat City."

And so, from that moment on, whenever I had eggs, I ate only the whites. To compensate for the loss of the yolks, I quadrupled my intake of spinach—and it made me sick. Popeye is undoubtedly in a naval hospital right now, wondering why all our mothers tried to poison us.

Lead Us Not into McDonald's

Unsure of what to put into my mouth besides a cigar, I now go wandering through the culinary minefields of America, trying to avoid the steps that might be lethal. You will pardon the mixed metaphor—at 50, I cannot keep both my appointments and my metaphors straight—but these minefields are constantly calling to me:

Come, clog your arteries at Wendy's!
Come, set up your by-pass at Burger King!
Come, get your Kentucky Fried triglycerides!
Come, meet your Maker at Bar-B-Q!

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The temptations are international, for the Chinese are also trying to turn off my circulation. Oh, for the day when MSG meant only Madison Square Garden! At times, of course, I cannot resist the call of the Chinese restaurant, but at such times, I have to turn away from everything succulent and say to the waiter, "Just bring me a menu from the Long March."

Even such a seemingly harmless dish as French toast has now become tasty Russian roulette. Because this game is too dangerous for me, I have to say to waiters, "I'd like an order of French toast, but hold the bread. And if you can figure out what French toast without the bread looks like, then don't use any eggs or milk in the batter, and no butter in the frying, please."

What I want is a plate of maple syrup—from which the sugar has been removed. And I also want maple syrup on my lettuce, cauliflower, celery, parsley, and boiled beets so that I will be able to know when I am eating. I *used* to know when I was eating because I tasted the food going down, but those were the days before I learned that my arteries were approaching gridlock. Those were the days before I was told to switch from soft drinks to distilled water, as if I were not a person but a battery. And those were the days before I was constantly hungry, before I began to fear that my body would soon start feeding on itself and go for the reddest meat around: my heart.

It is a constant strain on you to be eating like this. You find yourself picking up such things as a box of toasted Swedish thins, which make a sound in your teeth but cause no response in your stomach. No wonder so many Swedes are depressed.

I want potato chips with salt! says your mouth. *I want potato chips with salt from the* Dead Sea! *How dearly I would love them!*

But you also love life, so you settle for the leafy vegetables, which act as diuretics. There is, however, one compensation in this boring new diet of leafy diuretics: your urine is clearer than it ever has been. You were, of course, happier in the days when your head was clear and your urine wasn't, but a man of 50 has to accept his fog wherever it forms—and he has to look ahead with hope. *My* hope comes from seeing all the people in their 70s who are feasting on triglycerides. When I recently took an ocean cruise, I noticed that my mother, my in-laws, and many of their contemporaries ate no more than six times a day, and they did not eat parsley or sunflower seeds. And so, I look forward to surviving my 60s and then merrily returning to the food that poisoned Jack Armstrong.

The first thing I'm going to do when I turn 70 is go to a restaurant like the one across the street from the Mayo Clinic, which is a feeder system for the clinic. When I had my physical at Mayo, I dropped into this restaurant and discovered that it probably holds the original patent on cholesterol: everything in sight was covered with chocolate, sugar, fat, or grease. They might as well have served you a plate of corks for your arteries.

Well, that's where I'm going when I hit 70 and can return to deadly deliciousness. I'll take a seat at a table there and smilingly summon the waitress.

"Miss," I'll say, "are your triglycerides fresh?"

"Oh, they certainly are."

"And does the chef have a good touch with fatty molecules?"

"Oh, yes."

"Excellent. Bring me a plate of bacon and egg yolks, with side orders of sausages and crullers. And fry it all in axle grease."

From the book *Time Flies*, by Bill Cosby, © 1987 by William F. Cosby, Jr., published by Dalton/Doubleday.

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SMEARING THE PAP SMEAR

The Pap test misses much cervical cancer through labs' errors.

by Walt Bogdanich

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The Pap smear. Over the past three decades, it has sharply reduced deaths from cervical cancer. Women and physicians trust it, so much so that the Pap smear has become one of the most common laboratory tests in America.

It is also one of the most inaccurate. No one knows how many women die because a lab botches the analysis or a doctor takes an inadequate specimen. The test, as it is being done today, fails to detect roughly one in every four cases of cancer or precursor cell abnormalities.

Linda MacNeil was one victim. A Florida store manager, MacNeil suspected cervical cancer after experiencing bleeding, but a Pap-test report reassured her. Four months later, another test found cancer. MacNeil died at age 36.

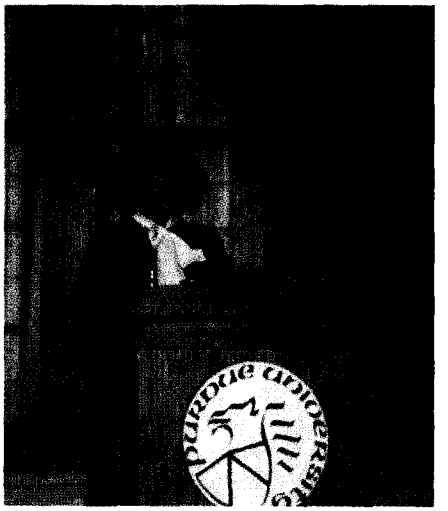
Cindy Gray's Pap smear wasn't analyzed in a laboratory at all but in the home of a lab employee, in violation of a federal regulation. There was no supervision and no pathologist to consult. Although the test reported no malignancy, the North Carolina mother of three was found soon after to have cervical cancer. She died at 34.

Barbara Arbuckle, of Seattle, was luckier: she is still alive. The 25-year-old woman received negative Pap-test reports, from two different labs, in the months before finding out she had invasive cervical cancer.

Incentives to Hurry

To find out why the Pap test falls so short of its promise, the writer visited labs, inspected records, and interviewed doctors, lab workers, and government officials. What emerges is a picture of a Pap-screening industry kept afloat by overworked, undersupervised, poorly paid technicians. It is an industry that often ignores what few laws exist to protect women from slipshod testing.

Across the nation, high-volume, cut-rate laboratories, sometimes called Pap factories or Pap mills, allow technicians to analyze up to four times as many specimens per year as medical experts recommend for accuracy. Many of them pay screeners on a piecework basis that encourages them to rush the analysis.



At Purdue University, Joan SerVaas Marie is honored for originating the idea of free Pap screening for all college women ten years ago. As a result, February became annual Health Awareness Month.

Some technicians work two or more jobs, earning as little as 45¢ to do the key analysis on a test that may cost the patient $35. In some cases, they say they are penalized if they resist the pressure to screen more slides in a day.

Work at Home

"I think women would be horrified to learn what's happened out there," says Dwight Golann, a former chief of consumer protection for the Massachusetts attorney general's office.

Women and their doctors might be surprised to learn that labs often let employees take slides home to screen. "That borders on fraud," comments Myron R. Melamed, a physician at the Memorial Sloan-Kettering Cancer Center in New York City.

Pap mills prosper by underbidding competing labs, charging as little as $1.50 per test. They are sought out by some gynecologists, who profit by marking up lab fees on patient bills.

Cost Pressure

But their bargain rates also appeal to budget-conscious administrators of group health plans and government-funded clinics. Thus, at a time when pressures are great to restrain medical expenses, problems with Pap-testing accuracy exemplify the possible trade-off in quality of care.

The consequences of faulty testing pose disturbing questions for the medical establishment. An estimated 60,000 women this year are expected to develop cancer of the cervix. If caught early, the disease is nearly always curable. Yet it kills about 7,000 American women a year.

"It is time for the medical community to acknowledge the failures of cervical cancer screening in the U.S.," says Robert Hasselbrack, a pathologist who runs a clinical laboratory in Seattle. Another physician, the San Francisco pathologist Eileen King, complains: "Women have been told for many years that a Pap smear will tell them when they have cancer and when they don't. That is a big falsity."

Heightening the urgency is the fact that some doctors now believe cervical cancer develops faster than previously believed. And they see it turning up in more young women.

Citing an "alarming number" of cervical-cancer cases in women with recent negative Pap smears, the American College of Obstetricians and Gynecologists has criticized the American Cancer Society for advising women that they need a Pap test only every three years after two consecutive negative annual tests.

"Nothing merits total faith, but nobody can doubt its [the Pap test's]

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value," says Robert Hutter, a physician who is a past president of the society. Still, the society is considering recommending that women take the test more frequently.

Leading cancer specialists say about half the Pap-test failures result because physicians take inadequate cell samples. But efforts to better educate doctors in taking specimens have been "spectacularly unsuccessful," the obstetrician and gynecologist association says.

Labs could help by rejecting inadequate slides sent to them. But "even good labs" are reluctant to do so, for fear of losing business, says Dr. S. B. Gusberg, another past president of the American Cancer Society.

Wallpaper Challenge

The Pap test is named for George Papanicolaou, who developed it in the 1920s. To prepare a specimen for the test, a doctor smears cells from the female genital tract onto a glass slide, in some cases two slides. Most aren't analyzed by a doctor but by a cytotechnologist, who ordinarily is a college graduate with a year of special training. Unlike some kinds of medical tests, Pap smears aren't checked by chemical or mechanical means but depend on human visual examination of the specimen.

A slide may contain hundreds of individual cells, each of which should be studied under a microscope. It is tedious work and, if done properly, time-consuming. Louise Newton, an Albany, New York, "cytotech," likens the job to examining wall after wall of flowered wallpaper.

"Imagine trying to look at every flower and see how buggy you get," she says. "Tired eyes make mistakes."

Accordingly, the American Society of Cytology recommends that no full-time cytotech examine slides from more than 12,000 patients a year. A 1980 conference of cancer specialists convened by the National Cancer Institute also supported this limit. But it is flagrantly ignored.

Workload Controversy

An analysis of government data found that more than half of the Pap smears sent to New York State-regulated labs are screened in places where technicians exceed the recommended workload. Kyto Diagnostics of New City, New York, a large private lab run by a prominent cytopathologist, Ralph Richart, reported average workloads of 35,000 cases per screener last year—nearly three times what the cytology society thinks is safe. Most of his screeners aren't even full-timers.

Normal, mature cervical cells as seen under the microscope. Unprotected sex can transmit papilloma viruses 16 and 18, which cause cervical cancer.

Dark, immature cells mean cancer. In countries where females become sexually active at an early age, cervical cancer also appears at a younger age.

Dr. Richart and other critics of workload limits say some cytotechs can accurately screen more than others. They argue that those who make excessive errors will be caught if a lab randomly rescreens at least 10 percent of negative slides.

Other medical experts disagree. Because only a small percentage of slides are likely to be positive, they say, and because everyone makes some errors, finding a problem employee might take years using a random 10 percent rescreen. "It's a seriously flawed quality-control technique," concludes Robert R. Rickert, the vice-chairman of lab accreditation for the College of American Pathologists.

Even as Pap-smear volume is rising, the number of qualified screeners is shrinking. Fewer people are choosing the field, and many are leaving it for better pay. Nearly half the schools that train cytotechs have closed in recent years; hospitals no longer find them economic to run.

"It is approaching a crisis," says San Francisco's Dr. King, who is studying the problem on behalf of California pathologists. Nearly 50 percent of advertised positions for cytotechs in California remain unfilled, she has found. Paul Krieger, the director of anatomic pathology for MetPath, a laboratory unit of Corning Glass Works, says that if the American Cancer Society decided to recommend more frequent Pap testing, "I don't know how we or anyone else is going to handle it."

Piecework System

To cope with the labor squeeze and to lower costs, labs are turning increasingly to piecework, promising cytotechs that the more slides they screen, the more they will earn. Nowhere else in laboratory medicine is this method of payment so prevalent. "It's very bad practice. It makes quality control difficult," says Dr. Melamed of Sloan-Kettering.

Some big commercial labs pay almost exclusively by piecework, avoiding many employee costs. Even labs with salaried cytotechs, such as MetPath, usually let them do extras on a piecework basis.

Karen Sanford, a cytotech in Stockton, California, left a high-pressure piecework lab in the Los Angeles area after learning from a patient's doctor that she had failed to catch some abnormalities. "It really freaks you out," she says. "What do you say? It happened to me twice. That's when I decided to get out of there."

Not everyone is so conscientious. A particularly dangerous, yet very common, practice among cytotechs is to piggyback Pap-smear screening jobs, doing the maximum allowed at one lab, then meeting another lab's quota later in the day.

Midnight Oil

"Over 50 percent of the people I know have two jobs. Some have three

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or four," says Jason Betterton, a cytotech in Sylmar, California. Sanford tells of a technician who screens at three labs, working from 1 a.m. until late the next afternoon.

Labs frequently let workers leave for the day as soon as they reach their quotas—another incentive to screen slides as rapidly as possible. Lon Barr, a cytotech in Poway, California, says that when he joined a San Diego Pap lab he was "astonished" to see workers screen 100 slides in 3½ hours and then leave. "It was inconceivable that someone could screen that fast," he says.

Dr. Hasselbrack, the Seattle lab owner, says that in Pap mills, screeners lose sight of the fact that "you are looking at somebody's life, and if you make a mistake, it may be all over."

Piecework pay scales also encourage overwork. At 50¢ a slide, one who stuck to the cytology society's workload limit would earn only $6,000 a year.

Little Regulation

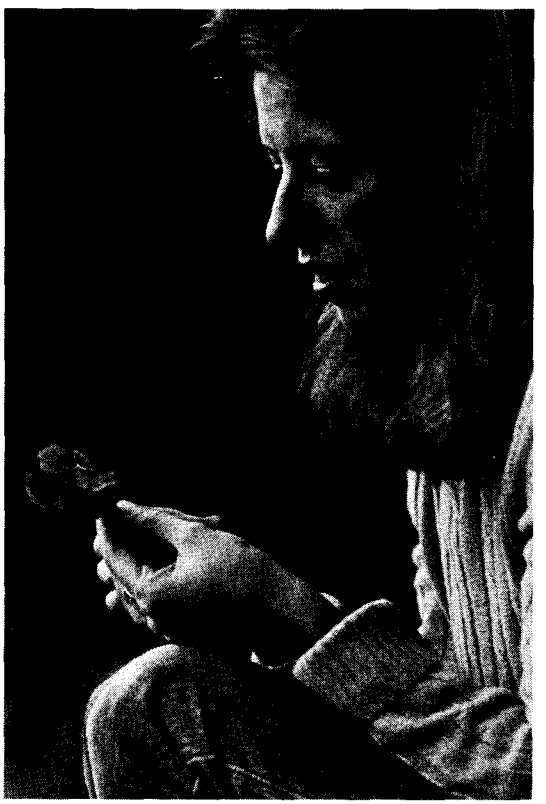
Only one state, California, even attempts to prevent workload abuses. Its law states: "No cytotechnologist shall be required to examine more than 75 one-slide gynecologic cases, or 50 two-slide gynecologic cases per day."

But labs often violate or skirt this law. Start with the biggest Pap lab in the country, Cancer Screening Services of North Hollywood. Almost a million Pap cases were processed last year by this unit of American Cytogenetics (which a West Coast business magazine in 1985 dubbed California's hottest stock).

Cancer Screening's full-time employees are required to do 100 slides a day, says Shahla B. Sadeghi, the medical director. It has mostly one-slide cases. Reminded of the state's legal limit, Dr. Sadeghi says: "It's not really a law—they just suggest it. . . . They know it's not possible." She adds, "Every year we have passed the [state] inspection."

At Central Diagnostic Laboratory in Tarzana, California, says a former employee, Betty Jo Thompson, "there was no such thing as you couldn't do your 100 cases." Moreover, screeners were expected to do extras at $1 a slide, she says. California law lets workers analyze an unlimited number of Pap smears a day if they "volunteer," but Thompson says that when she resisted doing extras, the lab cut her salary.

Cyrus Milani, a Central Diagnostic medical director, says workers are sometimes required to do 100 cases daily. He declined to be interviewed further, except to state that the lab does quality work. Another company official denies that the lab violates any laws.



Barbara Arbuckle was devastated when diagnosed at 25 with cervical cancer that mandated a radical hysterectomy—her Pap smears had been negative.

At Yosemite Pathology in Modesto, California, "One hundred slides is what we consider the minimum," says a spokesman, Robert Colletti. He does not feel he is violating the law because "everybody interprets it differently."

Few Proficiency Tests

Stephanie Harner, a past president of the California Association of Cytotechnologists, says she has complained repeatedly to state health officials about pressures on cytotechs to exceed quotas, but "got mostly a non-response." Kenneth Kizer, the director of California's health department, denies that his office has received complaints from cytotechs. He promises to investigate.

The federal government doesn't care about workload or piecework issues. It does prohibit labs under its jurisdiction from letting "kitchen cytologists" analyze Pap tests at home, but many do so anyway. At the home, pathologists aren't available for consultation, and no one checks how carefully slides are examined. "Cytology is done in so many nooks and crannies—places we don't even know of," says Susan Yokota, a cytotech.

Cancer Screening Service, for example, is federally certified as an interstate lab, yet it conceded that workers in the past took slides home. The company says that happened only a few times and is no longer permitted. A Tulsa, Oklahoma, laboratory permitted home screening of smears from government-financed clinics until a *Wall Street Journal* reporter began inquiring about the practice.

The only equipment needed for Pap screening is a microscope. But as one lab worker points out, "It's not something to do after a day's work in between washing dishes, with kids screaming for attention."

Patients believe the government is watching over Pap testing, says Lawrence Bergner, a physician at the National Cancer Institute, "but it ain't so." The government sets some standards for interstate and Medicare-certified labs, but the Pap test is the only common lab procedure for which federally licensed labs needn't undergo periodic proficiency tests.

As for the states, only one, New York, requires screeners to pass such tests.

Doctors seeking quality work often turn to professional groups that evaluate and accredit labs. However, the largest group overseeing commercial labs, the College of American Pathologists, doesn't set any overall workload limit. The American Society of Cytology, which does, has certified only about 40 of the more than 1,000 labs analyzing Pap smears nationwide. Many of the largest labs have never sought accreditation.

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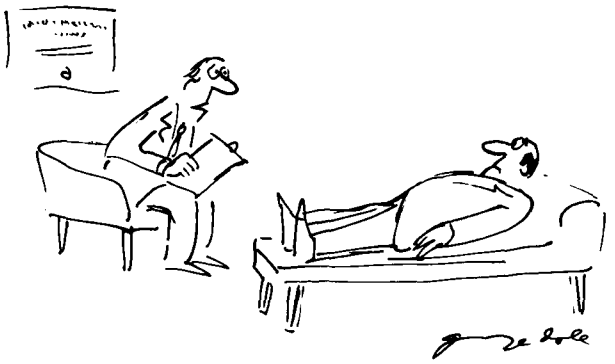

"How long have you had these feelings of disorientation?"

"Unmitigated gall! What kind of diagnosis is that?"

"No, no! We attach the IV to the patient's wrist, nurse. We only bill *them through the nose."*

"MEDIC!"

"Call it a miracle if you want, but it could have been the 'Get Well' cards!"

"Your chart indicates good progress from the organ transplant, Mr. Goodrich."

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KEYING—IN THE CONCH REPUBLIC

Visiting the Florida Keys is like "vacationing sans passport on some faraway, slightly cockeyed tropical island."

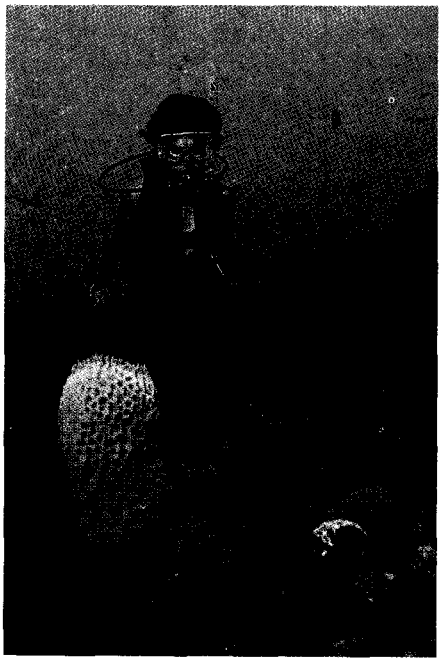
by Marda Burton

In the land of cutoff jeans, wide smiles, and deep tans better known as the Florida Keys, fishermen with lazy eyes belly up to thatch-roofed bars with their conch fritters and ice-cold beers. They talk as if this necklace of islands linked by 42 bridges is a magical kingdom where socks haven't been invented and fish fly into your boat.

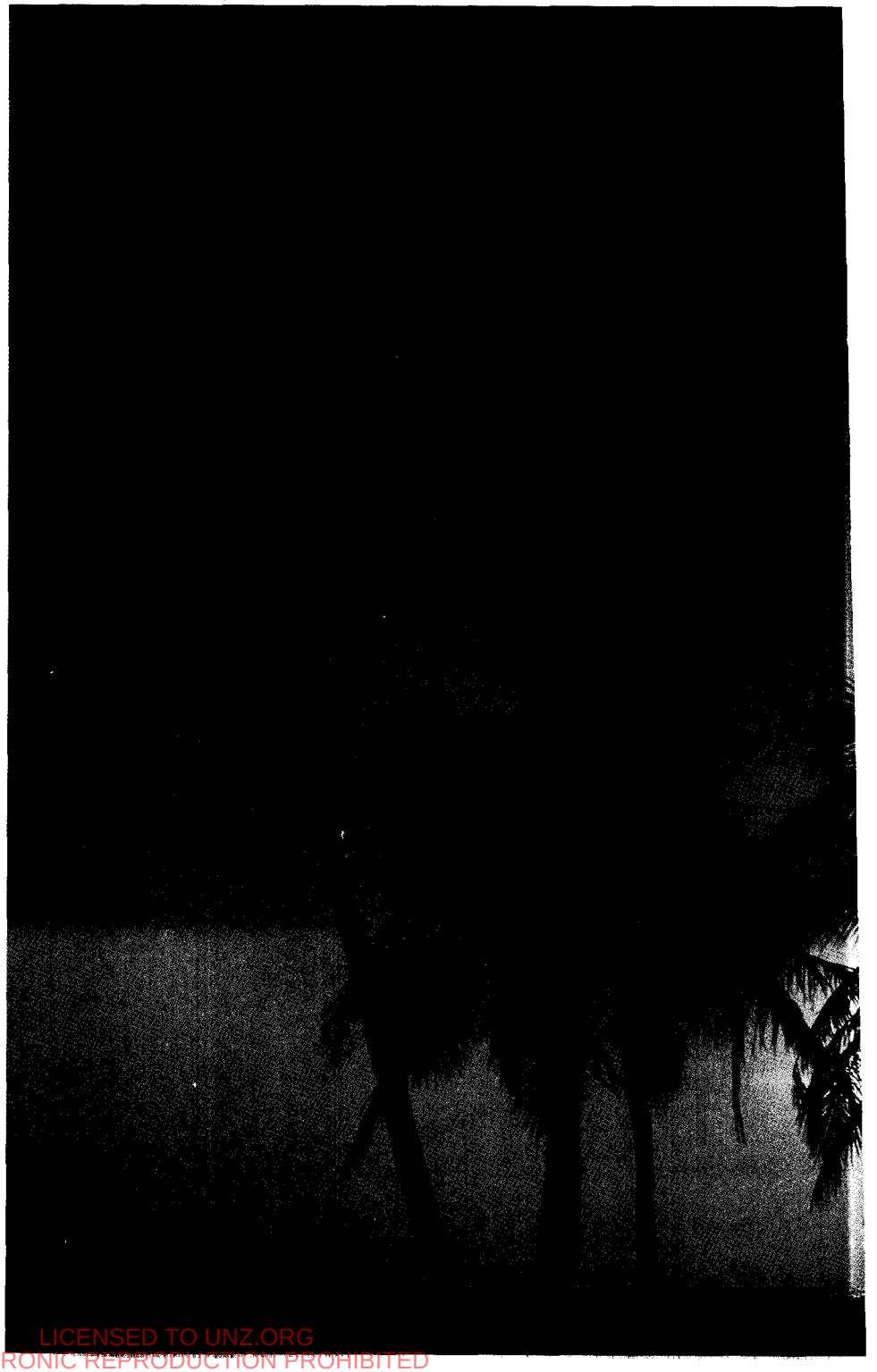
They're not all native "Conchs," but they say they wouldn't live anywhere else. It's that sunshine—and that freedom, they say, as they gesture hugely to include an impossibly blue sky and even bluer water.

The freedom they talk about birthed the Conch Republic in 1982, when the U.S. Border Patrol—to search for illegal aliens and narcotics—blocked U.S. Highway 1 traffic and, consequently, tourism. The entire 45-island chain responded by seceding from the Union. By the time the new government got around to applying for foreign aid, the border patrol had removed the road block, but not the excuse for a zany annual celebration (April 16-24).

Because the Florida Keys are strung almost to Cuba, this independent spirit seems somehow justified. Add the fact that their history is top-heavy with rascals, pirates, and dreamers, not to mention hardy survivors of nature's excesses, and you begin to



The Florida Keys, possessing the only living tropical coral reef in the continental U.S., are a haven for divers (above), snorkelers, and glass-bottom boaters.



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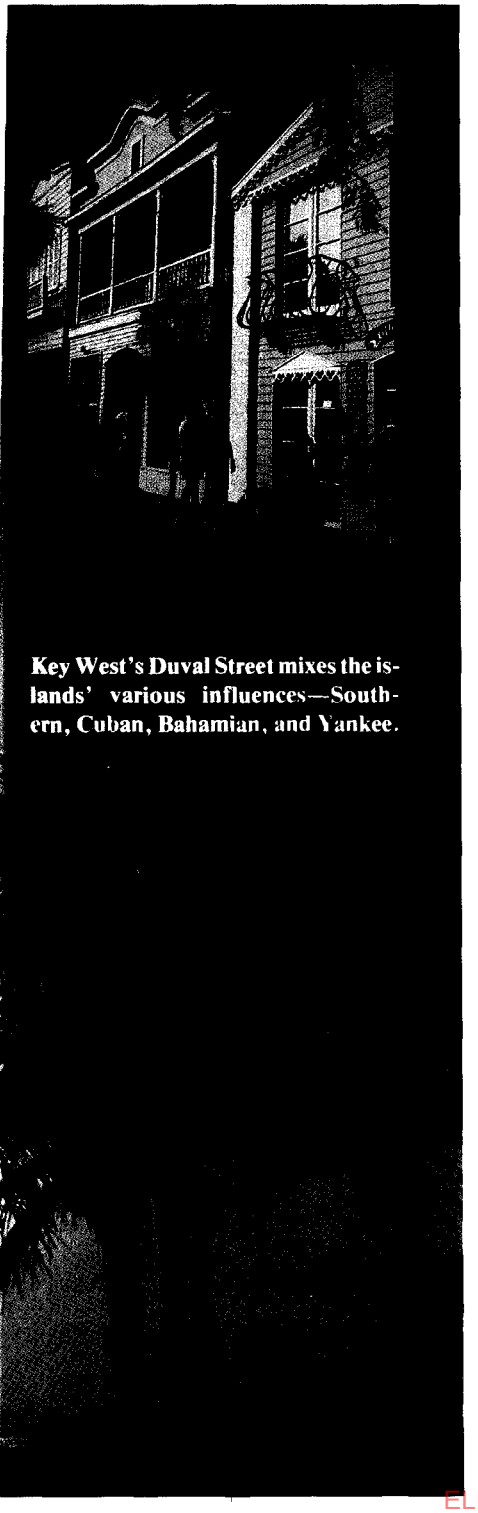
understand why these islands are called "a world apart."

Although a drive down the Overseas Highway (U.S. Highway 1) to the "0" mile marker at Key West takes a mere three hours, travelers opting for a more leisurely ramble will find a variety of pleasures along the way, from conch cuisine to creature encounters. It's like vacationing sans passport on some faraway, slightly cockeyed tropical island where natives and tourists all look similar and speak the same language.

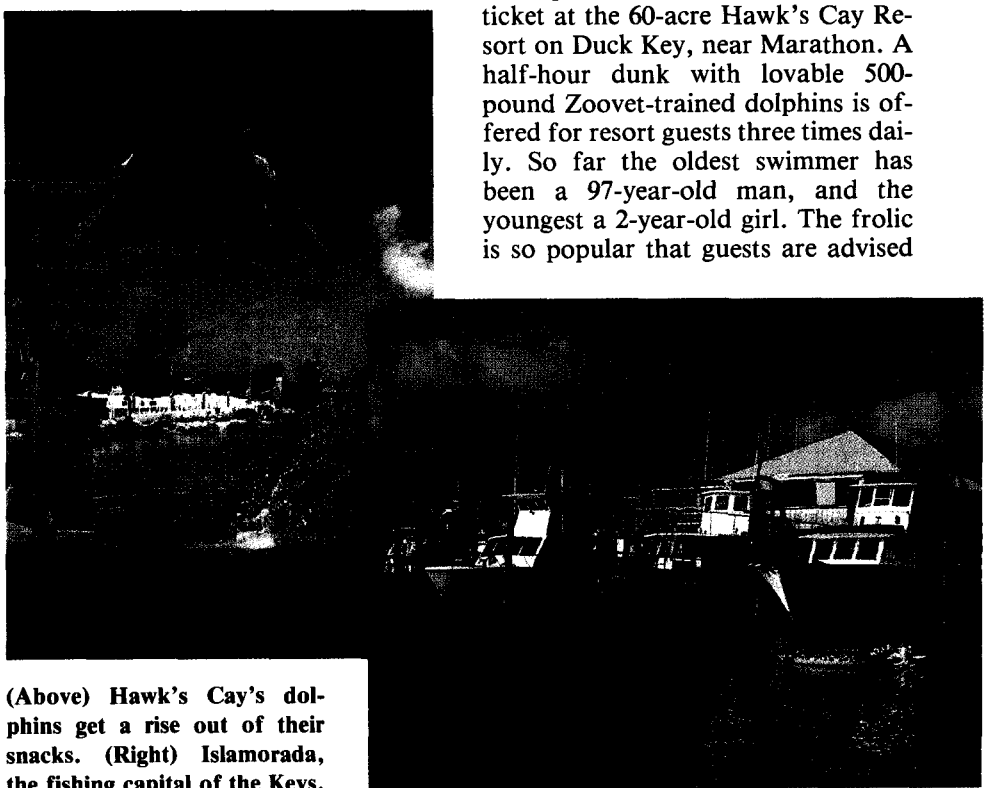


Key West's Duval Street mixes the islands' various influences—Southern, Cuban, Bahamian, and Yankee.

Over the years, the free-spirited islands have attracted a goodly share of celebrity nonconformists, among them Ernest Hemingway, Tennessee Williams, Thomas Edison, John James Audubon, Harry Truman, and John Dos Passos. Humphrey Bogart is immortalized on Key Largo T-shirts after having starred in a classic film of the same name. The original *African Queen* used to film that 1951 Bogart-Hepburn movie is based at the local Holiday Inn.

Key Largo is also known for John Pennekamp Coral Reef State Park, where glass-bottom boats or snorkel-scuba excursions go out five miles to the continental U.S.A.'s only living tropical coral reef, teeming with undersea life. The new Jules Undersea Lodge, the world's first and only underwater hotel, submerged 30 feet at the bottom of Bora Bora Lagoon, welcomes certified divers to deluxe digs with the ultimate ocean view.

Dolphin encounters are the hot ticket at the 60-acre Hawk's Cay Resort on Duck Key, near Marathon. A half-hour dunk with lovable 500-pound Zoovet-trained dolphins is offered for resort guests three times daily. So far the oldest swimmer has been a 97-year-old man, and the youngest a 2-year-old girl. The frolic is so popular that guests are advised



(Above) Hawk's Cay's dolphins get a rise out of their snacks. (Right) Islamorada, the fishing capital of the Keys.

Camping the Florida Keys

One of the best ways to enjoy the Florida Keys is to camp. You can enjoy every sunset, listen to the ocean breeze whistling through the trees, and walk the water's edge any time you please.

Camping is available throughout the Keys, both in private campgrounds and in strategically placed state parks. Today, driving through the Keys with a camper or a large recreational vehicle is no longer the harrowing experience it was just a decade ago. The narrow bridges that once linked the islands have been replaced with much wider thoroughfares at a cost of nearly $190 million. In addition, many major population centers have "four-laned" their streets, so traffic no longer moves along at a crawl.

You don't need to drive an RV all the way from the North or the Midwest. Rental RVs are big business in Miami. You can simply fly down and take command of your vehicle.

Keep in mind that the Keys are usually divided into three distinct sections: the Upper, Middle, and Lower Keys. It requires at least a week to take them all in enjoyably.

Upper Keys: If you haven't before, in Key Largo you will begin paying close attention to the mile posts that

continued on following page

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to reserve dolphin encounters and rooms at the same time.

Unique to the Keys, other dolphin romps are offered at Dolphins Plus in Key Largo, Theater of the Sea in Islamorada, and the Dolphin Research Center on Grassy Key near Marathon.

Fish stories come thick and fast around Marathon and Islamorada, where tarpon and bonefish in the Gulf, and amberjack, blue marlin, and sailfish in the Atlantic, are said to run so close and clear you can see them before you throw out your line. Marinas and charter boats are everywhere, along with the requisite local pubs and restaurants beloved of boat people.

Farther south, amid Big Pine Key's thatch palms, sea grapes, and mangroves, 7,000 acres of National Key Deer Refuge are home to tiny Key deer, gators, and several hundred varieties of birds, including herons, brown pelicans, and double-crested cormorants. The osprey particularly likes to build its nest atop utility poles along the highway.

Domesticated animals star in Key West, where taking a tour of Ernest Hemingway's home is like going on an Easter-egg hunt for cats. Numerous descendants of Hemingway's feline menagerie, most with six toes instead of five, snooze under bushes, behind doors, and across the paths of thousands of visitors who come to see where the quixotic author lived and worked for 12 years.

Ft. Jefferson's location was perfect to guard the Gulf—except that it wasn't firm terra!

Nearby, Mel Fisher displays his fabulous *Atocha* and *Santa Margarita* treasures, found after 17 years of searching these waters. Key West's main drag, Duval Street, is a stroller's treasure of gingerbread cottages renovated into shops, cafés, and such saloons as Sloppy Joe's, Hemingway's reputed favorite. Old Town's postcard-perfect vistas include a daily sunset extravaganza on the dock at Mallory Square, complete with musicians, mimes, fortune tellers, bagpipers, and hawkers.

Chic restaurants, such as Louie's Backyard, The Buttery, and the charming La Terraza De Marti (known locally as La-Te-Da), are tucked into scenic byways. Among the best of several fine resort hotels is Marriott's Casa Marina, a historic beauty built by Henry Flagler, the magnate who in 1912 opened up the Keys with a railroad, destroyed by the great hurricane of 1935.

At the end of the road a beat-up old monument informs people they have come to the southernmost settlement in the continental U.S.—an offbeat journey that has lured travelers since the Spaniards came looking for

continued on page 69

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appear on the right shoulder each mile of the way from here to Key West. Mile markers are used to give directions and to locate restaurants and campgrounds.

John Pennekamp Coral Reef State Park is one of several camping places in Key Largo. All sites have tables and charcoal grills, some with electrical hookups and water. A swimming beach has a roped-off area not far from the campgrounds. Make reservations in advance. If Pennekamp is full, try the beauti-

Reserve your shaded plot of grass in advance—word of the Keys' great camping has gotten out.

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fully shaded Key Largo Kampground just a mile to the south.

Middle Keys: Because there are so many popular activities in the Upper Keys, many people never drive beyond Islamorada. Consequently, the facilities farther south usually aren't as crowded.

For camping in the Middle Keys, Long Key State Recreational Area, just north of Marathon, is unbeatable. Situated right on the ocean, all campsites face the beach, canopied by tall, stately Australian pines. Again, early reservations are a must. You will never tire of hearing the wind rustling the branches of the tall pines, one of the most relaxing sounds you could possibly fall asleep to.

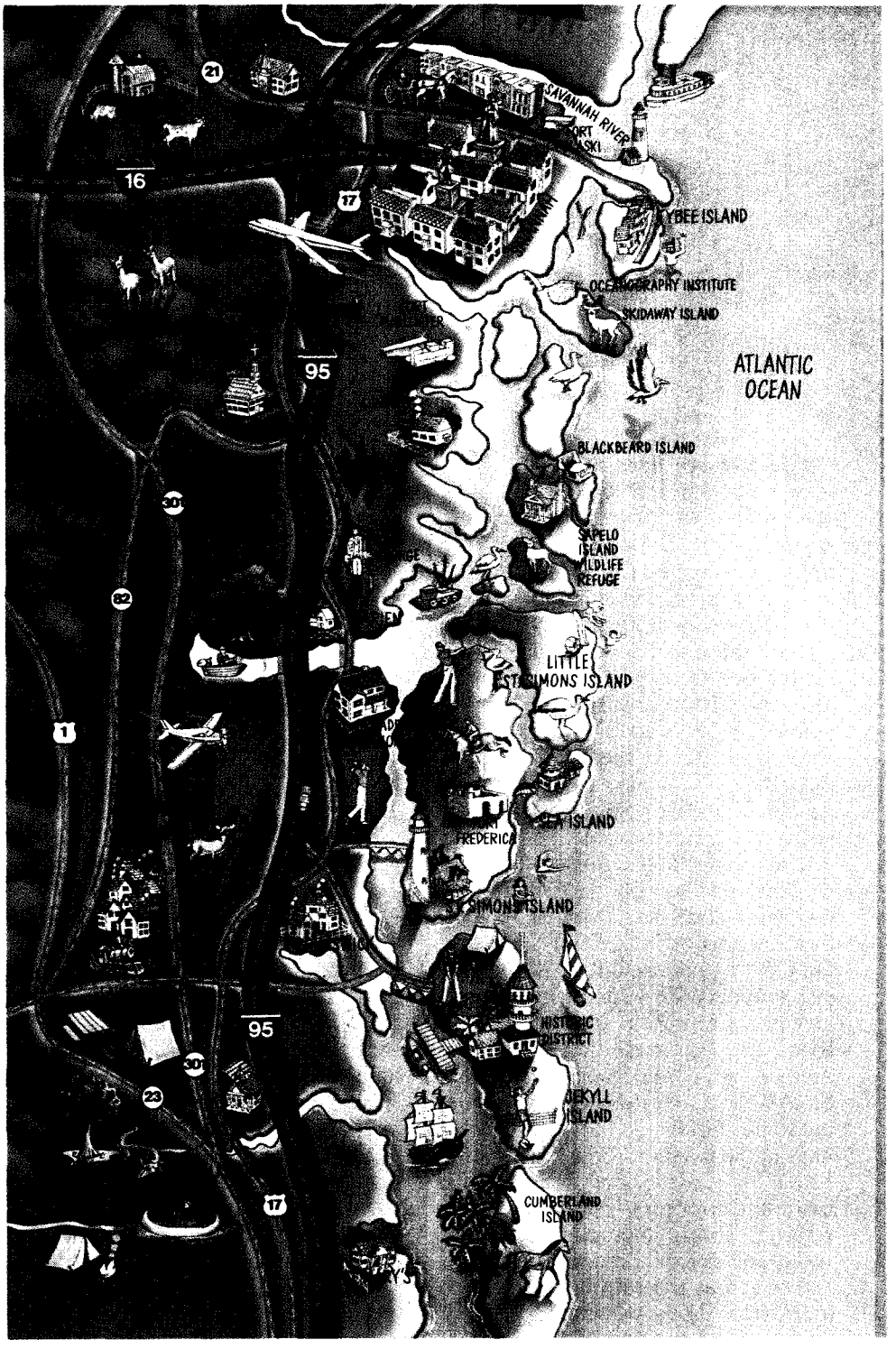
Lower Keys: From Marathon—roughly the halfway point to Key West—you cross the famous Seven-Mile Bridge, which really does span a full seven miles of ocean.

The best thing to do in Key West is to park the camper (or to take a city bus in from Boyd's campground just outside the city) and board one of the many tours that travel the city. The most famous is the Conch Train, a nonstop tram that tours the entire Key West area.

An exciting half-day journey is a flight 70 miles farther west, via the Key West Seaplane Service, to Fort Jefferson in the remote Dry Tortugas. Fort Jefferson, called the Gibraltar of the Gulf and built in the mid-1800s, has walls 8 feet thick and 50 feet high, with tiers designed for 450 guns. A prison after the Civil War, its most famous inmate was Dr. Samuel Mudd, the Maryland physician who unwittingly set the broken leg of Lincoln's assassin, John Wilkes Booth.

Regardless of what you do during the day, your early evening hours are spoken for at Mallory Square, when Key West's most spectacular display—sunset—takes place. While waiting, you will be entertained by jugglers, amateur magicians, musicians, and politicians; virtually the entire town turns out to put on its own show. But it's the spectacular sunsets everyone comes to see, and they often draw a standing ovation from the crowd.

—M. Timothy O'Keefe



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MORE IN THE LESSER ANTILLES

How to visit the British Commonwealth, France, Holland, and a Hispanic land in ten days without leaving our backyard.

by Fred Rosen

A passenger liner operated by Sun Line Cruises, the *Stella Solaris* is a bit of a mystery ship. Built in 1953 and christened the *Camboge*, she ended up carrying cargo and passengers unknown between France and Cambodia during the Vietnam War. In 1972, massive reconstruction converted her into a cruise ship, rechristened the *Stella Solaris*. Her journeys to the war-torn lands of Southeast Asia were history.

Today, the *Stella Solaris*, as luxurious as any in her passenger class, has changed destinations dramatically. On a ten-day cruise out of New York last summer, she visited some of the loveliest Caribbean islands: Puerto Rico, St. Thomas, Antigua (pronounced An-TI-ga), Saint Bart's, and Saint-Martin. Customers get to stop at some familiar U.S. possessions and, in the bargain, some of the more exotic or undeveloped isles of the eastern Caribbean—not to mention roomy cabins, mounds of hearty food, and personalized service.

Situated on the eastern periphery of the Caribbean, the Lesser Antilles are still a convenient stop, not much farther from the United States than better-known isles.

As soon as the ship docks in Puerto Rico, passengers tend to head for one of the lavish night-club shows in San Juan or to gamble in one of the hotel casinos. Mistake. They will never experience the colonial charm of Old San Juan. A walking tour reveals cobblestoned, winding streets, fringed by small shops, houses with overhanging balconies, and historic buildings, especially El Morro castle. Looking much like a medieval castle, El Morro guards the entrance to San Juan's harbor.

Tourists feel they must take advantage of the shopping at the *Solaris'* next port of call, duty-free St. Thomas. Another mistake. What shoppers miss is a lush, tropical island they could explore inexpensively. For $40, they could rent a car at any of the island's rent-a-car companies and head out through the hills on Route 35 to Magens Bay, picked by *National Geographic* magazine as one of the the ten most beautiful beaches in the world. You won't be disappointed—and along the way, watch out for ferocious-looking, machete-wielding maintenance men cutting the weeds at the side of the road!

Once a carrier of humbler cargoes, the *Stella Solaris* is today a purveyor of luxury and exotic travel. Her summers are spent cruising the eastern Caribbean islands.

Antigua is the next balmy destination. By all appearances, Antigua is one of the more poverty-stricken of the eastern Caribbean island nations. Americans are treated with cautious politeness by the locals, ever mindful of American tourist dollars' power to stimulate their stagnant economy.

Because Antigua is underdeveloped, you won't see the large hotels and casinos that proliferate in the Caribbean. Antigua does have more than 100 square miles of beautiful, rolling green pastures, reminiscent of the New Zealand countryside—except here, the trade winds blow and cool things off.

Take a three-hour tour of the island for all of $18. You'll travel to the charming, cliffside summer residence occupied by England's King William IV in the late 18th century before he ascended the throne. If you look down, right below is a picture-perfect postcard of a bay called Nelson's Dockyard, after the admiral who commanded the British fleet in the Caribbean from his Antiguan stronghold before the Napoleonic conflicts.

The *Stella Solaris* sails on the last day of her Caribbean cruise to the islands of Saint-Barthélemy and Saint-Martin (or Sint Maarten, as it is called in the Dutch third of the island). Quite simply, Saint-Martin is the loveliest and friendliest island in the

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Caribbean. It offers better prices than St. Thomas on many goods. The duty-free stores on bustling Front Street in Philipsburg offer great buys on linens and electronics; there are all different types of excellent restaurants, from Indonesian to French; and the people are as friendly as can be. But what I'll always remember about Saint-Martin is baseball.

I stopped into the Sea Island Resort and watched a Mets game, via satellite, with a visitor from Curaçao named André and a native of Saint-Martin named Jimmy. They both knew more about baseball than I did, and as we sat and chatted about such greats as Gil Hodges and Sandy Koufax, I felt more at home in the Caribbean than I ever had.

As for Saint Bart's, the island is actually part of France, and the French are no friendlier in the Caribbean than they are on home ground.

Music being the universal language, it was left for Irving Fields, the pianist at the Palm Court of New York's Plaza hotel and the *Stella Solaris'* guest soloist, to provide the appropriate ending note on the *Solaris'* multilingual manifest and ports of call: "I've written seven songs on this ship. It's certainly provided me with a lot of inspiration." ✱

The Conch Republic

continued from page 66

gold in the 16th century. Next came pirates, followed by the first Conchs —Bahamian fishermen who "salvaged," a euphemism for deliberately wrecking vessels on dangerous, unmarked reefs.

Today's Conchs are as resourceful and colorful as those early inhabitants. They still look for Spanish gold off the coasts and frequently find it, along with the occasional bale of marijuana that washes ashore. The same blazing hot sun sets spectacularly, and the ubiquitous mollusk Conchs got their name from is still cooked in every conceivable way. Above all, life remains a luxury to be savored at a snail's pace—which all goes to prove that in the Conch Republic nothing important ever really changes. ✱

John Madden

continued from page 49

Tatum, Oakland's free safety. It was a crushing blow. Anyone who saw the smashing hit, Stingley's neck snapping back, and the limp body being wheeled off the playing field on a stretcher knew this was serious.

Immediately after the game, Madden rushed to the hospital and saw Stingley before he was taken into surgery.

"Everything's going to be all right," Madden whispered in his ear.

But everything wasn't all right. Stingley would never walk again. He was a quadriplegic, confined to a wheelchair.

Madden and his wife invited Tina —Darryl's longtime girl friend—to stay with them throughout the next trying weeks. And Madden visited Darryl in the hospital each day, while some of Stingley's fellow players never saw him once.

John Madden retired from coaching after the 1978 season. It was a classic case of burnout. Does he regret leaving coaching? Not on your life. Outside of spending Christmas away from his home, Madden has no second thoughts. First of all, that ulcer no longer bothers him. Even more important, he's having a good time as a roll-up-your-sleeves kind of TV commentator, and his listeners can sense this. To the fan, he's a breath of fresh air in the broadcast booth. He offers a sense of honesty coupled with the credibility of one who has "been there."

That didn't come without learning through the school of "trial and terror." For instance, his first assignment on national television as a football analyst in 1979 was to interview Dan Abramowicz, a former pro, during a half-time show. When the camera light came on and the director gave the signal, Madden began by saying, "It's been a strange first half—the 49ers have passed more than I thought they would, and the Saints have run more than I thought they would."

He thrust the microphone in front of Abramowicz, who only stared back with a blank look. The problem was that Madden hadn't asked a question. Fortunately, his guest picked up on the conversation by echoing John's opinion.

Madden admits he still learns from seasoned veterans. He considers side-

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kick Pat Summerall as among the best at summing up a situation in a few words. One time Madden raved about a great catch by a receiver, describing how he juggled the ball like an acrobat before hanging on to it. Summerall put the icing on the cake when he added, "That guy should've been a waiter."

Where will he pop up next? The outrageous talent of this coach, who was once carried off the field on the shoulders of his world-champion Oakland Raiders, could surface anywhere. It matters not if you're an armchair quarterback sitting in your living room watching a football game or an unsuspecting waiter in a coffee shop on Christmas Eve, *Boom!*—just like that—John Madden is sure to get your attention. ★

The Winter Garden

continued from page 38

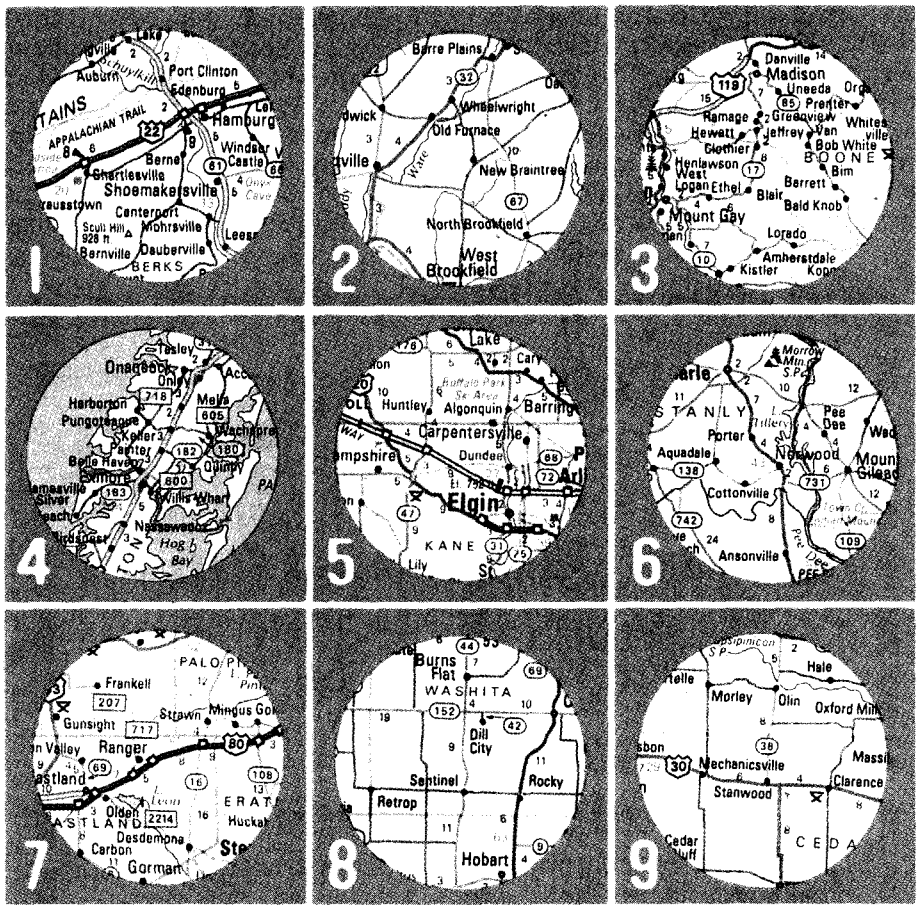
to the overall greenery of other seasons are the stars of the winter garden. And don't think of green alone—remember to include the blues, such as the Colorado blue spruces, and the yellows, such as *Chamaecyparis lawsoniana*, in your winter palette. Properly positioned evergreens, especially light-colored blue and silver ones, such as deodar cedars and Atlas cedars, can create a dimension of depth. They can emphasize special views and vistas, they can define boundaries, and as a bonus, many of them can provide secure winter dwellings for birds and other small animals.

Not many fruit-producing trees and shrubs hold their crops into the winter months, but those that do are worth considering as added color for your winter garden. As a bonus, they attract birds late in the winter, when their fruit is ripe. A crab apple called "Red Jade" has a distinctive umbrella shape, especially striking in the winter landscape, and beautiful red fruit late into the winter months. Other flowering crab apples also display colorful winter fruits, as does winterberry and the Washington hawthorn, both of which bear abundant red fruits. (Crab apples and hawthorns also flower in spring and produce stunning displays of autumn color.) Hollies bear red berries in addition to their glossy evergreen leaves. Other good choices for berries are the barberries (best used as thorny hedges to deter traffic) and the American cranberry bush, a noncranberry whose shining fruit resembles cranberries.

Colored bark, rarely considered when landscapes are planned, adds drama to the winter garden and special interest year-round. Plants with such bark can be used not only as focal points in the garden but also as special features in prominent positions, such as at the front entry. Often older bark peels back as the tree ages to reveal young bark, more vibrant in color—as, for example, in the paperbark maple, *Acer griseum*, which peels to a bright cinnamon-mahogany. (This little maple tree features a reddish orange autumn color that only reinforces the beauty of the bark at that season.) Trees with light bark, such as the white birches, are best displayed against an evergreen, such as hemlock. Don't forget the weeping birches, which make a special statement in the landscape year-round: those with orange-mahogany bark, or the more popular creamy and silvery white tones.

The strawberry trees (*Arbutus unedo*) provide a distinctive bark in addition to their winter flowers and fruits and their twisting growth, most intriguing in the winter landscape. Generally their barks are characterized by pinkish to cinnamon red tones. The ornamental cherries, such as the weeping cherries and the Kwanzan cherry, are also good candidates for showy bark in the winter garden. They provide a spectacular spring flower display, too.

Perhaps the most striking winter bark color is that of the red-stemmed



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: You will need to employ all your investigative abilities to solve this puzzle.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 103)

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dogwood, or *Cornus alba* ("Sibirica"), which also bears white berries. A vigorous grower, it quickly provides thickets of brilliant, smooth scarlet stems about four feet tall. The more you prune it, the more young growth it will produce—and the best color is from the new growth. Be sure to use the variety "Sibirica"—the ordinary form is not nearly as exciting. *Cornus stolonifera* ("Flaviramea") is the yellow-stemmed dogwood. Striking displays can be created by contrasting it with the red-stemmed variety. Both these dogwoods require a moist area to grow in.

Trees with contorted or spiraling branches must be positioned with great care to look their best in your garden. Some homeowners have been heard to moan that Harry Lauder's walking stick, purchased as a sculptural element for their winter gardens, appears like a messy and tangled bird's nest. This plant must be displayed against a pale wall or a well-groomed lawn for best effect. As with the other plants in your winter garden, creative pruning is important.

All magnolias feature interesting tracery in their branches. Of special interest in the winter are their smooth, fuzzy flower buds. *Euonymus alata* with its orange berries and winged branches is another wonderful shrub for the winter garden. It also features a fiery autumn color, hence its common name of "burning bush."

Special touches can be added to the winter garden by planting small winter flowering plants, such as Lenten rose (*Helleborus orientalis*), winter aconite, and crocus. The small shrub *Daphne odora* is uniquely fragrant, a delight in the frigid winter air. The rare variegated variety of *Daphne* is a collectable. Other good flowering shrubs for the winter garden are the winter-flowering witch hazels, *Hamamelis mollis* and *Hamamelis japonica.* These tall, open shrubs with brilliant, slightly fragrant yellow flowers display beautifully against the winter sky. And if you are fortunate enough to garden where camellias are hardy, you can add these queens of the winter flower garden to your plan.

Ground covers can unify the design and also set off special plants in your winter garden. Some of the best include such evergreen ground covers as pachysandra, ivy, myrtle, and Christmas ferns. Many of the cotoneasters are also effective ground covers, for they produce scarlet berries. Heaths and heathers are wonderful ground covers for color and special textural effects in areas where they survive the winter.

Like the icing on a cake, frost and snow are the finishing touches on our winter gardens. Seed heads on dormant perennials and ornamental grasses and the leafless boughs of specimen trees form intricate etchings on the snow. Like whipped cream, dollops of snow create special effects on the trees and plants in our winter landscape. Add outdoor lights to your garden and enhance these special effects for your nighttime pleasure.

If you look closely you will also see the promise of spring, sleeping snugly beneath the ice and snow, waiting patiently to delight you when warmer days arrive. Herein lies the hope of every gardener. Plan a winter garden and discover it for yourself. I guarantee you won't regret it!

Winter gardening photograph courtesy of Wayside Gardens.

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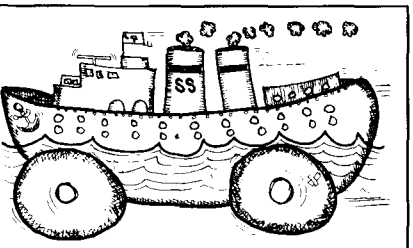

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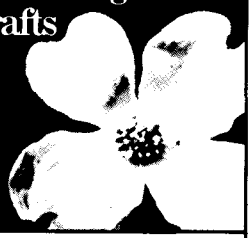

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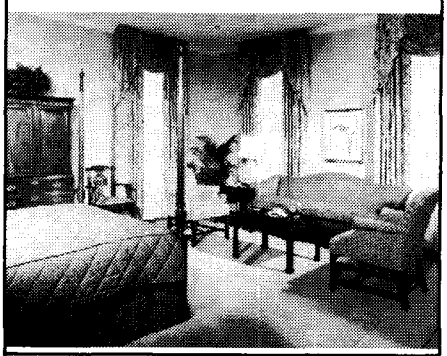

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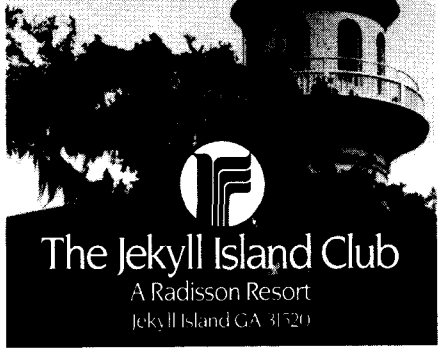

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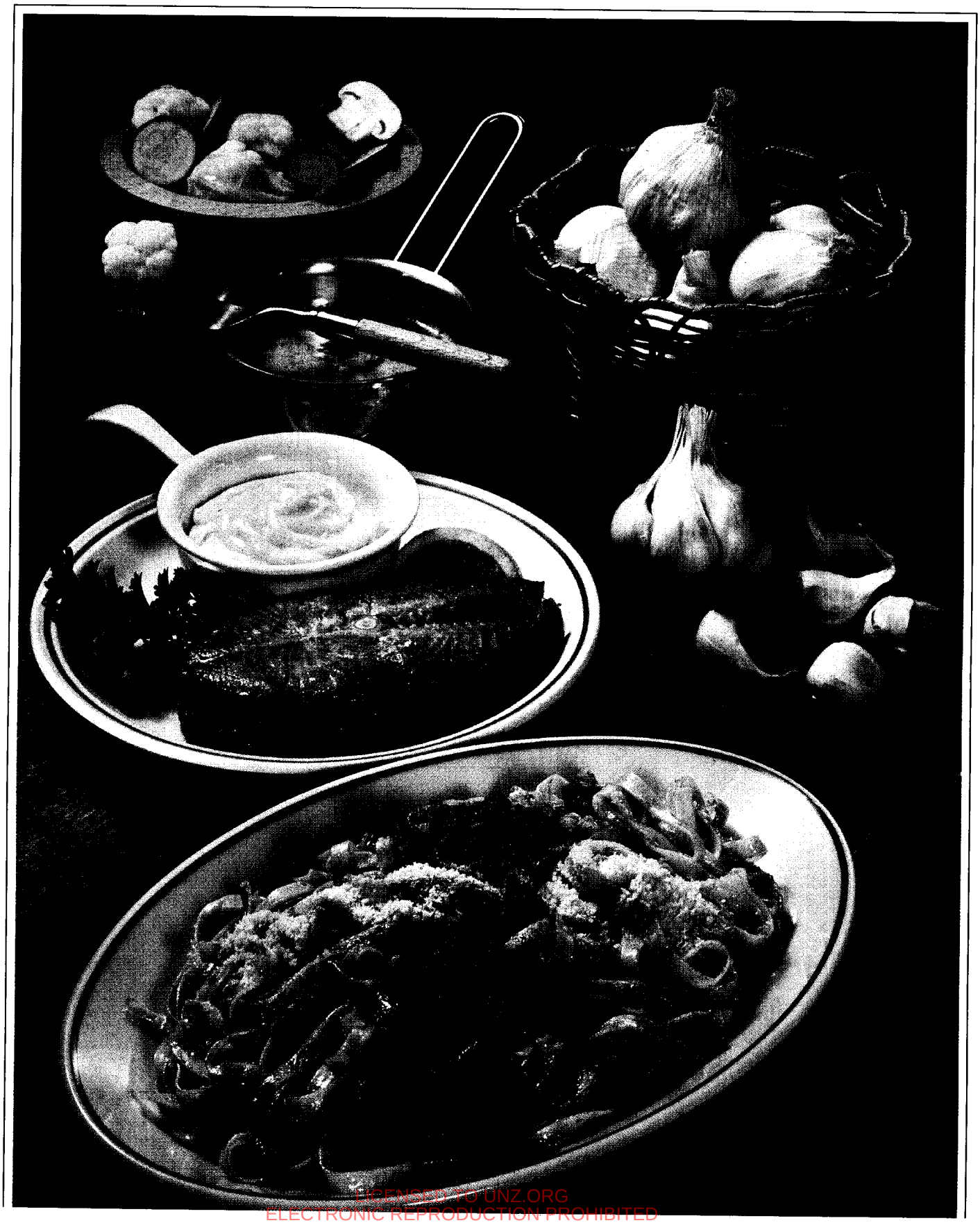

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In ancient and modern times, garlic has enjoyed a celebrated status in the lives and lore of countless generations.

by Jacquelyn Nyenhuis

Touring members of the Lovers of the Stinking Rose society have been known to cry out for *chesnok* in Moscow, holler for *knofloock* in Holland, and jostle for *niniku* in Japan.

Back home in the U.S.A., these die-hard fans just hit the local market with a one-word request—garlic!

Frequently passed over as the foul-smelling bad boy of the spice rack, garlic is reappearing as a headliner in syndicated food columns and best-selling cookbooks. How the bountiful bulb ever became a bane is a chapter in the continuing saga of mankind's quest for power—well, maybe a footnote.

Garlic has played a vital role in the diet, pharmacy, and beliefs of mankind since the Mesopotamian civilization, more than 4,500 years ago. It became so revered among the common people of various civilizations that the ruling classes began to disdain the "vulgar," potent bulb. Over the centuries chefs continued to turn up their noses at the heady aroma of fresh garlic; it simply was not *de rigueur* in *haute cuisine*. In Victorian England, garlic got a stiff, cold shoulder, possibly one reason it didn't become part of our cuisine until the beginning of this century.

Beliefs about the therapeutic value of garlic have been passed down for thousands of years. Physicians, herbalists, and wise men have prescribed garlic as a cure for everything from the common cold to scorpion stings. Whether it eradicates the common cold is unresolved, but modern researchers say that garlic may help lower blood pressure, combat diabetes and cancer, and stimulate the body's immune system to fight off infections.

The bad news about garlic? The reek is still incurable. You can minimize the lingering aroma by rinsing your fingertips and countertops after preparing garlic for your recipes. As for the inevitable aftermath (or aftermouth) of consumption, lovers of the stinking rose are quick to parry that garlic breath, *au contraire*, is good breath. Those who wish to curb the heady clout of the clove can eat some fresh parsley: the chlorophyll in parsley acts as a natural breath freshener.

Don't make the enjoyment of garlic a social liability. Forget about apologizing for your garlic obsession by fixing a garlicky feast for friends and family to enjoy. If all partake of the heady herb, no one will notice its weighty presence in conversation.

The flavor you get from garlic depends on how you use and prepare it. Heat and handling both affect its potency. The longer garlic cooks, the more delicate the flavor becomes. It's at its most robust raw, minced, or pressed from the clove. Being cooked with other foods provides a milder flavor, especially if the cloves are left whole or cut in large pieces. The flavor, of course, will be even milder if the garlic pieces are removed after cooking and before the dish is served. Baking garlic will result in a mild, sweet, and nutty flavor; cloves so baked, then squeezed to obtain the content, can furnish the basis for truly delectable sauces.

To peel a clove, either hit it with the flat of a cleaver or large knife blade or drop it first in boiling water for a few minutes, then in cold. In either case, you can then cut across the root end and peel the skin upward toward the other end.

Probably the most famous garlic sauce of all is Aïoli, from the region of Provence, France. So celebrated is this French sauce that certain days are set aside in villages for feasts that last from noon until after sundown. Platters of vegetables, fish, and bread are carried in for dipping in the smooth, garlicky delight. But Aïoli is more than a dip. It tops soups and mixes deliciously into salads. Dip the Dilled Salmon steak in the savory Aïoli: tartar sauce will never be the same.

Break out the mortar and pestle to make Pesto. Garlic and fresh basil meld to yield a delicious pasta dressing complemented by pine nuts and pulverized, dry Romano or Parmesan cheese.

Another Italian legacy is Bagna Cauda. This hot, lemony dip is ideal for dipping slim Italian bread sticks and assorted fresh vegetables.

QUIK QUIZ

on one of nature's most perfect foods...
BUCKWHEAT

Q: Buckwheat is a
☐ Grain ☐ Fruit
☐ Vegetable
A: (see in copy below)

Q: Your favorite use
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☐ (2) as dry cereal flakes
☐ (3) as a hot breakfast cereal
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Bagna Cauda
(Makes 2 cups)

½ cup crushed sesame seeds (taheeni)
1 can (16 oz.) garbanzo beans, drained and rinsed
4 cloves garlic
¼ cup lemon juice
1 teaspoon salt, if desired
2 tablespoons fresh parsley

Combine sesame seeds, beans, garlic, lemon juice, and salt, if desired, in food processor. Blend until smooth. Microwave at High (100%) 2-3 minutes or until heated through. Garnish with parsley. Serve as dip for vegetables and bread sticks.

Vegetable Dippers

1 cup carrot slices
2 tablespoons water
2 cups cauliflower pieces
2 cups broccoli pieces
1 cup fresh mushrooms
1 cup cucumber slices

Combine carrot slices and water in 1½-quart casserole; cover. Microwave at High (100%) 3-4 minutes or until almost tender. Add cauliflower and broccoli; cover. Microwave at High 2-3 minutes or until just tender; stir once. Add mushrooms and cucumber slices. Microwave at High about 2 minutes.

Dilled Salmon
(Makes 3 servings)

1 pound fresh salmon steaks
1 tablespoon fresh dill

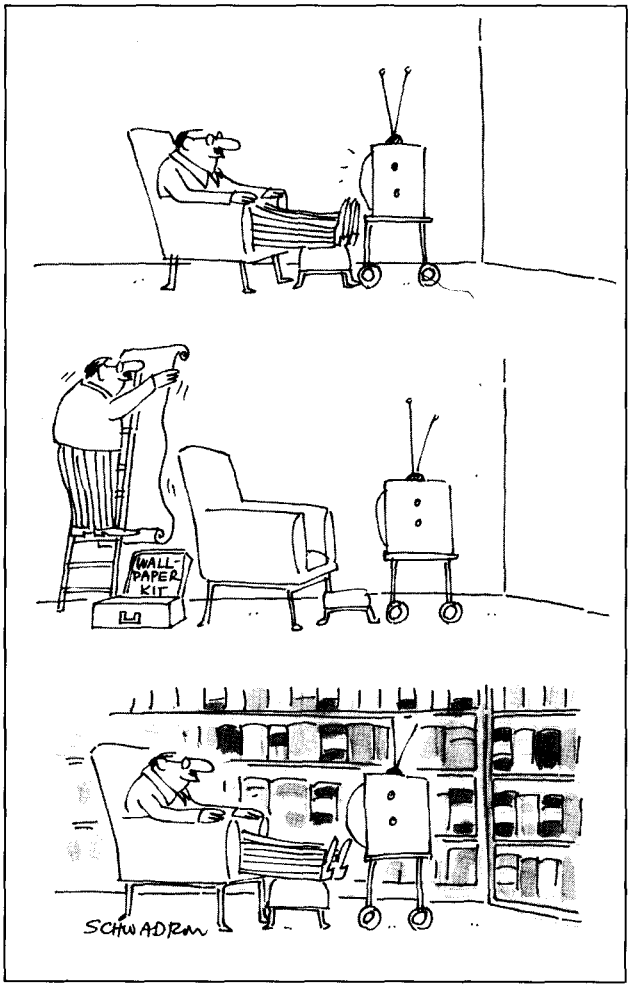
Place salmon in 1-quart casserole. Sprinkle with dill; cover. Microwave at High (100%) 4-5 minutes or until salmon flakes easily. Spoon Aïoli (see recipe below) over each serving.

Aïoli
(Makes about 1 cup)

4 cloves garlic
2 egg yolks
1 teaspoon dry mustard
¼ teaspoon salt, if desired
¼ teaspoon white pepper
½ cup olive oil
2 tablespoons lemon juice

Combine garlic, egg yolks, dry mustard, salt, and pepper in blender. Blend until smooth. With blender running, slowly pour in olive oil in steady stream. Add lemon juice. Microwave at High (100%) 45-60 seconds until mixture thickens; stir every 15 seconds. Serve immediately over Dilled Salmon.

To prepare sauce with hand or electric mixer: Use narrow, deep bowl (a one-quart glass measure or a small bowl supplied with large electric mixer makes a good container). Beat in oil *very slowly*, especially at the beginning, being sure oil is completely blended before adding more. When thick, crush garlic cloves over sauce and mix well. Chill.



Pesto

4 large cloves garlic
1 cup fresh basil leaves
¼ cup pine nuts
¼ teaspoon salt, if desired
¼ cup olive oil
¼ cup Parmesan cheese

Combine garlic, basil, pine nuts, and salt in blender. Blend at low until ingredients form paste. Gradually blend in oil alternately with cheese; blend until well-mixed. Use as sauce for Homemade Egg Noodles (see recipe below).

Homemade Egg Noodles

2¼ cups flour
2 eggs
¼ cup water
1 tablespoon olive oil
1 teaspoon salt, if desired

Combine all ingredients in mixing bowl to make stiff dough. On well-floured surface, knead dough until smooth and not sticky, about 20 times. Cover dough and let rest 30 minutes. Roll half of dough on floured surface until 1/16" thick. Fold dough in half and then in half again. Cut folded dough crosswise into ½" strips. Unfold strips; place in single layer on pasta drying rack. Dry noodles at least 1 hour before cooking.

In 4-quart dish, microwave 2 quarts water at High (100%) 18-20 minutes or until boiling. Stir in ½ pound egg noodles. Microwave at High 4-5 minutes or until noodles are tender; drain.

Wild Rice and Shrimp
(Makes 6 servings)

2 cloves garlic, minced
½ cup chopped onion
2 tablespoons margarine
1 can (14½ oz.) chicken broth
1 cup uncooked wild rice
½ cup water
1 can (10¾ oz.) cream of mushroom soup
½ cup sliced green onions
8 ounces uncooked shrimp
¼ cup sliced almonds

Combine garlic, onion, and margarine in 2-quart casserole. Microwave at High (100%) 4-5 minutes or until tender. Add chicken broth, rice, water, and soup; cover. Microwave at High 5-6 minutes, then microwave at Low (30%) 60 minutes or until rice is almost tender. Stir in green onions and shrimp the last 10 minutes of cooking. Top Wild Rice and Shrimp with sliced almonds.

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The Love Letter

continued from page 47

ceptance of a proposal of marriage offered in 1931—and received today, a lifetime too late, by the man who made it and who married someone else and is now a grandfather.

I pushed the worn brass plate open and dropped my letter into the silent blackness of the slot, and it disappeared forever with no sound. Then I turned and left to walk home with a feeling of fulfillment, of having done, at least, everything I possibly could in response to the silent cry for help I'd found in the secrecy of the old desk.

Next morning I felt the way almost anyone might. Standing at the bathroom mirror shaving, remembering what I'd done the night before, I grinned, feeling foolish but at the same time secretly pleased with myself. I was glad I'd written and solemnly mailed that letter, and now I realized why I'd put no return address on the envelope. I didn't want it to come forlornly back to me with NO SUCH PERSON, or whatever the phrase is, stamped on the envelope. There'd once been such a girl, and last night she still existed for me. And I didn't want to see my letter to her—rubber-stamped, scribbled on and unopened—to prove that there no longer was.

I was terrifically busy all the next week. I work for a wholesale-grocery concern; we got a big new account, a chain of supermarkets, and that meant extra work for everyone. More often than not I had lunch at my desk in the office and worked several evenings besides. I had dates the two evenings I was free. On Friday afternoon I was at the main public library in Manhattan, at Fifth Avenue and Forty-second, copying statistics from half a dozen trade publications for a memorandum I'd been assigned to write over the weekend on the new account.

Late in the afternoon the man sitting beside me at the big reading-room table closed his book, stowed away his glasses, picked up his hat from the table, and left. I sat back in my chair, glancing at my watch. Then I looked over at the book he'd left on the table. It was a big one-volume pictorial history of New York put out by Columbia University, and I dragged it over and began leafing through it.

I skimmed over the first sections on colonial and precolonial New York pretty quickly, but when the old sketches and drawings began giving way to actual photographs, I turned the pages more slowly. I leafed past the first photos, taken around the mid-century, and then past those of the Civil War period. But when I reached the first photograph of the 1870s—it was a view of Fifth Avenue in 1871—I began reading the captions under each one.

I knew it would be too much to hope to find a photograph of Brock Place, in Helen Worley's time especially, and of course I didn't. But I knew there'd surely be photographs taken in Brooklyn during the 1880s, and a few pages farther on I found what I'd hoped I might. In clear, sharp detail and beautifully reproduced lay a big half-page photograph of a street less than a quarter mile from Brock Place, and staring down at it, there in the library, I knew that Helen Worley must often have walked along this very sidewalk. "Varney Street, 1881," the caption said. "A typical Brooklyn residential street of the period."

Varney Street today—I walk two blocks of it every night coming home from work—is a wasteland. I pass four cinder-packed used-car lots; a shabby concrete garage, the dead earth in front of it littered with rusting car parts and old tires; and a half dozen or so nearly paintless boardinghouses, one with a soiled card in its window reading MASSAGE. It's a nondescript, joyless street, and it's impossible to believe that there has ever been a tree on its entire length.

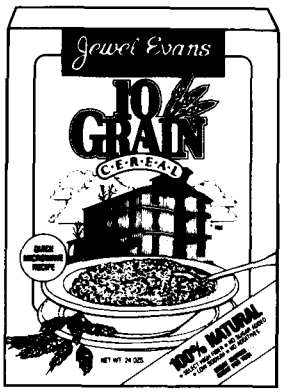
But there has been. There in sharp black-and-white, in the book on the table before me, lay Varney Street, 1881, and from the wide grass-covered parkways between the cut-stone curb and sidewalks, the thick old long-gone trees rose high on both sides to meet, intertwine, and roof the wide street with green. The photograph had been taken, apparently, from the street—it had been possible to do that then, in a day of occasional slow-trotting horses and buggies—and the camera was aimed at an angle to one side, toward the sidewalk and the big houses beyond it, looking down the walk for several hundred feet.

The old walk, there in the foreground under the great trees, ap-

continued on page 96

A Natural Defense Against Cancer

"There is evidence that diet and cancer are related. . .whole-grain cereals may help lower the risk of colorectal cancer."
The American Cancer Society



★GREAT TASTING
★MAXIMUM FIBER
★LOW SODIUM
★NO SUGAR ADDED
★RECIPES INCLUDED

100% Natural. . .**Jewel Evans 10 Grain Cereal** is much more than a breakfast food. Used as an ingredient in many delicious recipes, it adds fiber, flavor, and healthful qualities. Your family will love the hearty goodness of this unique cereal, and you'll be cooking up a natural defense against cancer!

Try all the Jewel Evans stone-ground whole-grain products. Made from premium-quality, hand-selected grains, they are ground only on old French Buhr stones to preserve freshness and nutritional integrity of the grains. Products include: Wheat flour, meal, pancake and waffle mixes, and 10 grain cereal.

"My products are simply delicious, and if they're not the best you've ever eaten. . .I'll send your money back."

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Please send me _____ box(es) of **Jewel Evans 10 Grain Cereal** at $3.99 each..Price includes 24 oz. box plus shipping and handling. Enclosed is my check or money order for $_____, payable to Jewel Evans Family Foods, Inc. Or charge credit card:
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Offer valid in U.S. and Canada, payable in U.S. funds only. Mail to: Jewel Evans Family Foods, Inc., Route 2, Bidwell, Ohio 45614.

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The Winning Way

To Add Fiber To Your Diet

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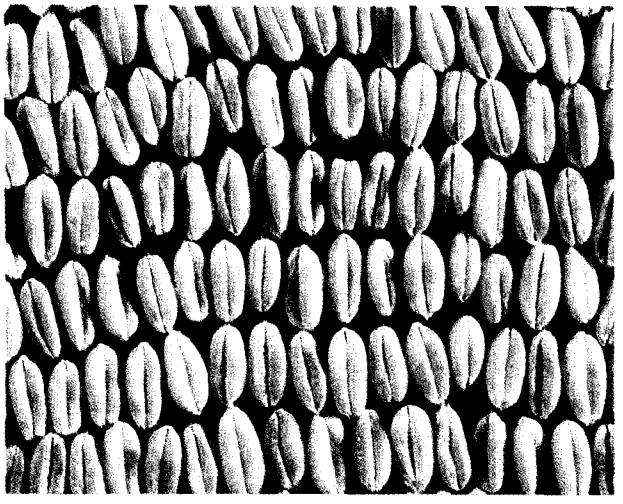
Whole-Wheat Berries

You say you've never won anything in your life? Tell you what we're going to do. We're going to make you a winner in the longevity contest, first of all, with a 13½-ounce sack of whole-wheat berries when you contribute to health research. We are also offering you the opportunity to win a grinder to make flour from the wheat by mailing us the best recipe for converting that flour into delicious and wholesome bread, cookies, flapjacks, waffles, or what have you.

Why offer you wheat berries to thank you for your contribution to the ongoing medical research of our Saturday Evening Post Society? Because, while it is true that man doesn't live by bread alone, it is believed that man's chances of living longer are greatly enhanced if his bread is made of whole-wheat, not refined, flour.



It is believed that our chances of living longer are greatly enhanced if our bread is made of whole-wheat, not refined, flour.

Whole-wheat berries will add fiber to your diet, fiber you may be lacking. Insoluble, the fiber of wheat has the unique quality of preventing or helping to relieve constipation, spastic colon, and diverticular disease; lack of fiber may be responsible for hemorrhoids and appendicitis, as well as cancer of the colon and perhaps gallstones. Reasons enough for you to add whole wheat to your diet? We think so.

You won't believe how easy it is to convert the whole-wheat berries we'll be sending you into a tasty breakfast dish. Just boil for ten minutes, and you'll have a chewy, textured cereal that goes down easily with skim milk and fruit.

Or you can use the wheat berries for soup the way you would dried beans or hulless barley (recipes are printed on the sack).

Or you can experiment on your own and send in the best whole-wheat recipe to win the grain mill, which will also grind coffee beans and peppercorns.

Yes…you can be a double winner, winning a longer, healthier life with whole-wheat berries and a mill to turn those berries into flour. A triple winner, really—as the Society can continue its winning ways in disease prevention with your help by defraying expenses of the AIDS MOBILE, the MAMMOBILE, and the other current projects in our war against cancer and the spread of AIDS.

And thank you for your support.

Use whole-wheat berries for healthful cereals and soups, or grind into flour to make delicious, wholesome bread, cookies, flapjacks, waffles, and more.

The Saturday Evening Post Society
P.O. Box 567 • Indianapolis, IN 46206

Yes, I want to contribute to health research. Please send me my free bag of Whole-Wheat Berries.

My donation: $5 _____ $10 _____ $15 _____ Other _____

☐ Check or money order enclosed
Charge to: ☐ VISA ☐ MasterCard

Card No. _____ Exp. date _____

Signature _____

Name _____

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MEDICAL MAILBOX
by Cory SerVaas M.D.

A little neglect may breed great mischief.—*Benjamin Franklin*

At the Mt. Sinai Medical Center research laboratory in Miami, we joined Dr. Burton Lee of the Memorial Sloan-Kettering Cancer Center and other members of the Presidential Commission on the HIV Epidemic to gown and mask for viewing the AIDS virus under a powerful microscope.

Donate Blood in Chattanooga

Dear Dr. SerVaas:

I read the article on your organization in the November *Saturday Evening Post*. I wish to join in your effort to encourage more healthy and responsible people to donate whole blood. I am a 38-year-old single male who donates five times a year to the local community blood bank. I have donated about 45 times since it came into being in 1972. I have donated about 10 to 15 times since the AIDS antibody test was begun by the blood bank (Blood Assurance) and have been celibate since July of 1982. Every time I donate blood I write a letter to the editor urging people to give blood.

I wish to be able to do more either on a local, a state, or a nationwide basis to encourage responsible, disease-free people from otherwise responsible personal backgrounds to be total good citizens and donate to their community blood supplies.

Harry Geller
Chattanooga, Tennessee

We're printing your letter, hoping many Tennessee readers will join you to help mobilize safe donors. We wish we could guarantee all blood to be as safe as yours.

We would all rest easier if it were possible for blood banks to look at blood for the AIDS virus instead of the antibody to the virus. Members of the Presidential Commission on the HIV Epidemic were given an opportunity to see the AIDS virus at the Mount Sinai hospital research laboratory in Miami. The AIDS-infected blood, under a powerful microscope, revealed a balloon-shaped structure, inside of which were disintegrated cells, matted and congealed in a round cluster.

The spirochete that causes sexually transmitted syphilis is huge compared to the virus causing AIDS. It is far easier to guarantee that blood does not contain syphilis.

HEART MOBILE & MAMMOBILE, Too

Dear Dr. SerVaas:

I have two requests for information. First of all, I would like more information about your AIDS MOBILE. How would we go about making arrangements to have the AIDS MOBILE come to Fort Wayne, Indiana? What are the costs, who do we contact, and how long a wait, etc.?

The second thing I need is information about AIDS. I have a friend who has ARC—Aids Related Complex. Do you have information regarding specifics on dos and don'ts that you can give me regarding lifestyles for someone infected with HIV? Do you have factual information that I can give to this individual, so that he will know what behaviors to avoid so he won't infect others and so that he can protect himself? He is interested in educating fellow inmates, so all the information you have would be most helpful.

Glenna Jehl
Fort Wayne, Indiana

To get the AIDS MOBILE in Fort Wayne, you will need to take the MAMMOBILE and the HEART MOBILE as well. We plan a tour through northern Indiana in February. Write to Deborah Taylor, AIDS Coordinator and Vice President of Community Affairs, at The Saturday Evening Post Society.

Please remove the centerfold of this magazine to give to your friend who has ARC. If you need more copies for the prison, let us know.

Misleading Labels

Dear Dr. SerVaas:

I would like to respectfully submit a combination protest and suggestion.

For some time now, doctors, nutritionists, and other health-minded people have urged us all to watch our cholesterol levels. Most recently the previously acceptable levels have been dropped to an even smaller number (under 200 mg). I have been disappointed week after week to read

continued on following page

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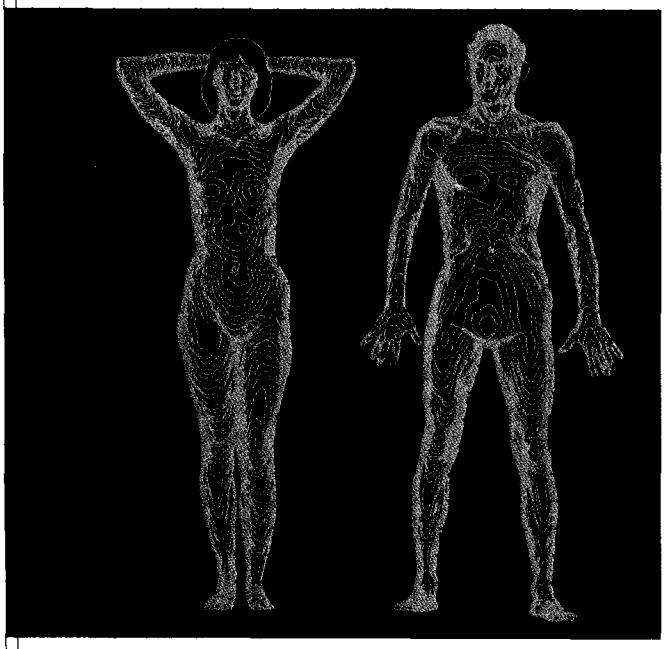
FIBERCON® VS. YOUR LAXATIVE

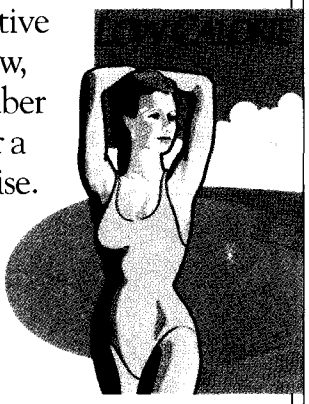
More than a treatment for regularity, FiberCon treats you and your *entire body*...to more benefits than any leading laxative.



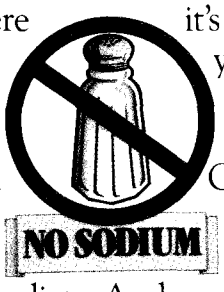
Whatever laxative you're using now, whether it's a fiber or a stimulant, you're in for a surprise. A *wonderful* surprise.

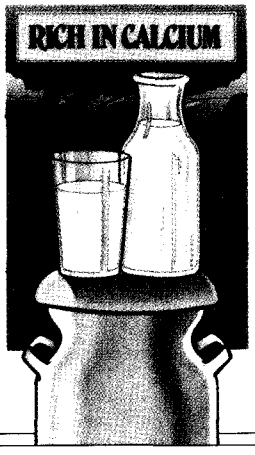
It's called FiberCon.

A revolutionary fiber laxative with more benefits for your body than *any* leading laxative.



For fiber users, FiberCon means two convenient, easy-to-swallow tablets... instead of the fuss and mess of powders. Even more importantly, you won't have to worry about that bloated, "full" feeling often brought on by laxatives such as Metamucil® and Fiberall.® That's because the more efficient fiber action of FiberCon takes place in your *intestine*, where it's *needed*, not in your *stomach*. And once there, it works *gently*, easing your system back to normal regularity. Compared to stimulant laxatives, FiberCon restores regularity in a *more healthful* way, without using the harsh, irritating chemicals found in laxatives such as Ex-Lax® and Correctol.® But the benefits of FiberCon don't stop there, they only *start* there. Because while it's working, FiberCon also releases significant amounts of *pure calcium*, a vital nutrient missing from many diets. And you need not worry about hidden sodium, or unwanted "empty" calories, either. FiberCon contains *no sodium*, and less than *one calorie* per tablet. Why not discover FiberCon for yourself. It's a treatment for regularity... and much, much more.





FiberCon. More benefits for your body.

Helps Maintain Regularity for Good Digestive Health
Advanced Fiber Laxative
Bulk-Forming Fiber Laxative
FiberCon
Fiber Action Concentrated in a Tablet
Natural Action of Fiber for Healthy Regularity

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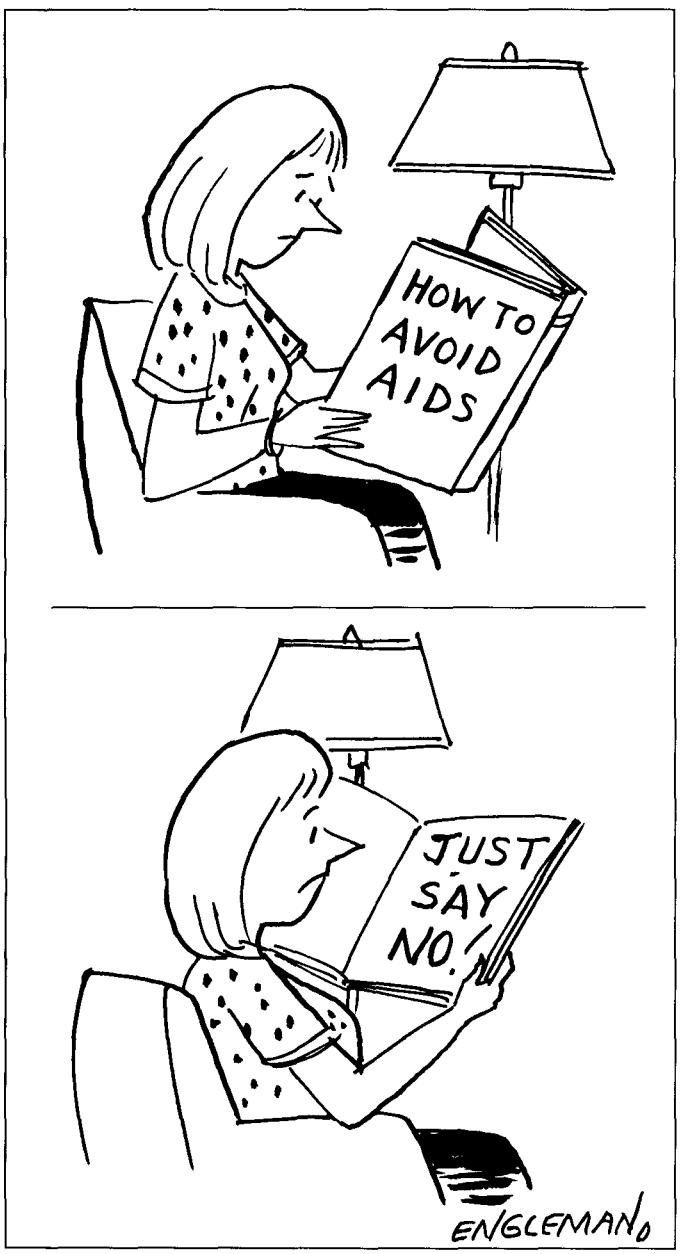
food labels that are misleading, i.e., "all vegetable shortening"—with the fine print listing palm and/or coconut oil (both of which are polysaturated [*sic*] fats and contribute to the problem). A recent article in *Modern Maturity* stated, "One teaspoon of coconut or palm oil contains more saturated fat than one teaspoon of butter." Also, I take exception to the wording "*may* contain palm and/or coconut oil." How can the consumer know if the product does, in fact, contain either one or the other, or both, or neither? And there is little else to choose from. Go out and read the labels yourself.

Furthermore, labeling that lists *partially hydrogenated* oil of any kind, to my understanding, further contributes to a cholesterol problem. And many products contain partially hydrogenated oil.

It is easy enough to deduce that the use of any of the above in someone's product might be more profitable for the producer, but I, for one, would be willing to pay more for a more carefully constituted product and would really appreciate better labeling.



While I'm protesting, I'd like to suggest that many of the dyes and additives in today's products (yellow #5, monosodium glutamate, BHT, and BHA) could be left out with probably less damage to the consumer and still not detract that much from the product.

Jean Ruzsa
Berea, Ohio

We certainly agree that more information on labels would help consumers, especially the many who need to lower their cholesterol levels. We are mailing your suggestions to the FDA.

Lysine for Fever Blisters

Dear Dr. SerVaas:

I'm writing to ask you for information on taking a lysine supplement for a child who gets fever blisters or canker sores in the mouth. My neighbor's child is eight years old and constantly has mouth sores. I have known others who have taken the L-lysine and it helped. I didn't know what to offer a child with this problem. How much should or can they take? Please, if possible, send me information on this. Thank you.

Lori Gill
Bunker Hill, Illinois

We are sending your letter to Dr. Richard Griffith at the Indiana University Department of Medicine for a response. He has just published a research paper on lysine supplementation in the medical journal *Dermatalogica*. In it he reported that a double-blind study showed that the use of lysine supplements significantly reduced the number of infections, the severity of the symptoms, and the healing time.

Lapacho-Tea Danger

Dear Dr. SerVaas:

Can you give me information about Lapacho tea? It comes from the bark of Lapacho trees grown in Argentina and is called Pau D'Arco or Jaheebo in Brazil.

A friend sent me some, but I'm afraid of taking it, as I have a congestive-heart-failure condition and am on Lasix for that. I will certainly appreciate any information you can give.

Helen L. Giles
Sterling, Alaska

You are wise not to take the tea from the bark of the Lapacho trees until you know a lot more about it. Some herbal teas are dangerous, and you should be especially careful about these teas because you are on a diuretic. Perhaps one of our readers will have information about this tea. We do not.

Hair-Loss Help

Dear Dr. SerVaas:

My hair is thinning since a very lengthy, stressful time in the hospital. Is there a vitamin supplement I should be taking to encourage hair growth? I would appreciate any help you may be able to offer. Thank you.

Melva Campbell
Palmetto, Florida

continued on following page

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Why Are We Giving Away Genuine Leather Handbags for only $10

Genuine Leather

As part of a nationwide publicity campaign, a leading New York firm will give away one million (1,000,000) of its most expensive genuine leather handbags—the nationally advertised Clarissima™ "Town and Country"—for the astonishing publicity price of only $10 each to the first one million persons who write to the company address (below) before Midnight, March 31, 1988.

These are the same genuine leather Clarissima "Town and Country" handbags nationally advertised by us in leading media throughout America.

Buttery soft and elegantly tailored in contemporary "quilted leather" with a spacious vinyl lined interior for added durability, they are the most expensive luxury leather accessories ever sold by this multi-million-dollar New York firm.

These genuine leather handbags will not be sold at this or any price by the company in any store. There is a limit of two (2) per address at this price, but if your request is mailed early enough (before March 25) you may order up to 5. Each bag is covered by the company's full one-year money-back guarantee.

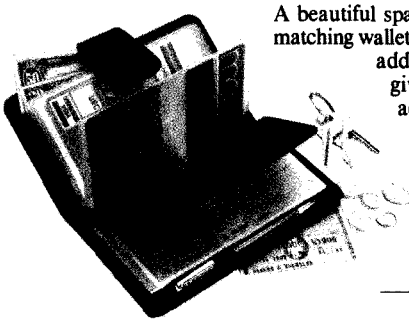
To order, mail your name and address on a sheet of paper and $10 for each handbag plus $2 shipping no matter how many you order. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, HANDBAG, Dept. 150-130, Box 1026, Westbury, N.Y. 11595.** **(R40500)**

Indicate How Many of Each Color:

___"Chestnut Brown" (R23422) ___"Espresso Black" (R23423)

___"Wine Burgundy" (R23424)

SPECIAL PROMPTNESS BONUS



A beautiful spacious genuine leather matching wallet, vinyl lined interior for added durability, will be given away for only an additional $2 each with each handbag you request by March 31, 1988.

Indicate How Many of Each Color:

_____"Chestnut Brown" (R23412)

_____"Espresso Black" (R23413)

_____"Wine Burgundy" (R23414)

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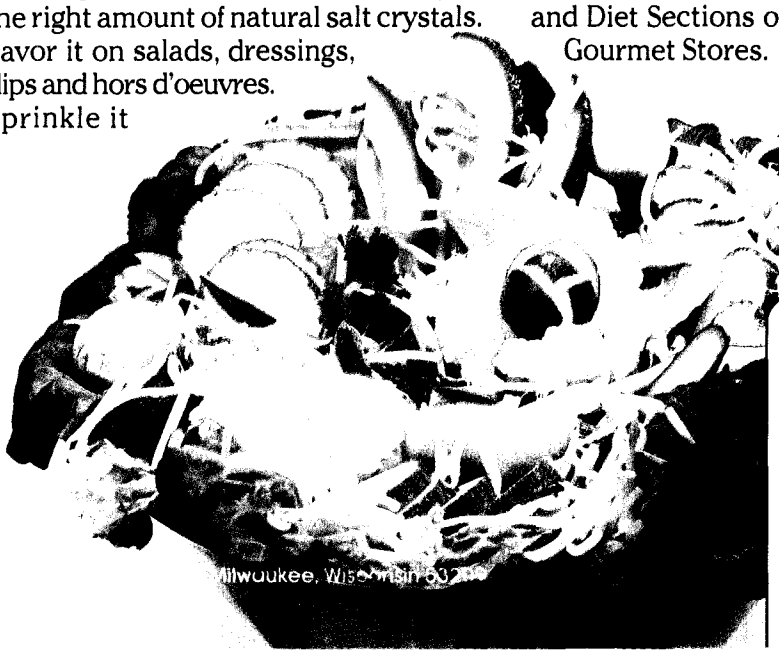
Add the *Spike of Life* to your salads

No matter what's on the menu, Spike brings the flavor to life. Created in Italy by renowned gourmet nutritionist Gayelord Hauser, Spike is a tantilizing blend of 39 herbs, spices and exotic flavors, with just the right amount of natural salt crystals. Savor it on salads, dressings, dips and hors d'oeuvres. Sprinkle it on anything...from the simplest of snacks to the most sumptuous main course... for a truly unique taste experience.

Available at all Health Food Stores, Health and Diet Sections of Supermarkets and Gourmet Stores.



GAYELORD HAUSER'S FAVORITE SALAD DRESSING

½ cup olive oil (or ½ cup vegetable oil), 1 teaspoon finely chopped green onion, 2-3 level tablespoons of wine or cider vinegar, 2 level tablespoons of Spike, ½ teaspoon Lemon Pepper, 1 pinch of Garlic Magic. Mix together and store in the refrigerator. Use it as you need it, but shake well before each use.

I am sending your letter to Dede Robertson, the wife of Pat Robertson, who has a special interest in alopecia and hair that falls out for reasons other than alopecia. Alopecia is just a Latin name for spots of baldness for no known cause. Dede Robertson is an R.N. who taught nurses at the college level.

An Ignored Disease

Dear Dr. SerVaas:

My cousin has been going through a painful 2½ years with candida, a disease caused by the excessive use of antibiotics and steroids and complicated by other drugs. She has one year of recuperation yet before she will have her health back.

I believe the public should be warned about this disease, which has been ignored, as it is a "woman's problem."

Please find space in your publication to alert the public about candida.

Kathryn S. Holley
Colorado Springs, Colorado

Navel Leaks

Dear Dr. SerVaas:

Can losing and then gaining large amounts of weight over a period of years cause a belly button to leak?

My belly button occasionally leaks fluid that looks white but stains clothes a yellowish, light rust color and has an offensive smell. Could this be serious? Would I have to have surgery to cure this problem? What type of doctor does a person go to for this problem?

Thanks for any info you can give me on this problem.

C. L. N.
L. W., Florida

A person goes to a gastroenterologist for serious problems of the GI (gastrointestinal) tract. A large amount of fluid would not be something that could be attributed to weight loss, and you should be seen by a physician.

Could it be that you have a deep navel that is causing you this problem? It would be nearly impossible to have a hole between your navel and the abdominal cavity—that would be quite serious. But it is very likely that excess moisture (from bathing or perspiration) has mixed with natural skin flakes and oils inside your navel. This moisture could be forced out intermittently by coughing or straining and would cause the staining you describe.

A simple bit of extra cleaning, using a cotton swab dipped in hydrogen peroxide or alcohol, in your navel after each bathing may solve your problem.

The fluctuations of weight would make more redundant skin around your navel, so this perhaps has aggravated this tendency we all have.

Patch Rash

Dear Dr. SerVaas:

I read the articles in *The Saturday Evening Post* on estrogen patches [Dec. '86 and Jan./Feb. '87]. I would like very much to use the patches, but I quickly developed a rash under the patch that became raised, very pink, and with red flecks of blood in it. My doctor advised me to

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stop. The patch relieved *all* my symptoms, such as hot flashes, depression, irritability, and sleeplessness.

I tried every suggested method of using the patch—without success. I cannot use the pill because of swelling of hands and feet.

I am 47 years old and have had hot flashes for about six years. My doctor thought I was too young for hot flashes, but they were unlike anything else and I knew what they were. In 1984 I had a hysterectomy for polyps. No cancer. One ovary was removed because of a cyst. I nursed all three of my children and am not afraid of breast cancer. I get yearly checkups. I try to eat right. I don't smoke or drink. I have heart palpitations which aren't too bad, but I can't use a beta-blocker because of my feet swelling.

The estrogen pills caused *unbearable* pain in veins of my legs and vaginal area affected by my pregnancies.

Please help me with the allergy to the patch. I would so like to use them! I felt so very good in the few months I took estrogen. Especially bothersome is my lack of sleep.

Nancy Whitlock
Eliot, Maine

We are sending your letter to Dr. Howard Fillit, a research professor at Rockefeller University who has studied the advantages and possible side effects of estrogen patches. I'm sure he will be pleased to add your experience with the patches to his files of case histories. You might write to him and give him more details; his address is Rockefeller University, 66th and York Streets, New York, NY 10021.

Caffeine Concerns

Dear Dr. SerVaas:

I would like some information on the effects of coffee on the body—good or harmful. I am concerned that both my father and now my son experience severe headaches when they go for as little as one day without at least one or more (usually more) cups of coffee. Why is this?

Virginia Harman
Staunton, Virginia

Caffeine is chemically known as a xanthine, which also includes a product called theophylline. It is easy for people to forget that caffeine is indeed a drug and has the potential for habituation. Most feel that the reaction to the absence of that morning cup of coffee is usually psychological, but irritability, nervousness, and headache can be noted, just as you have seen.

Caffeine has effects throughout the body, because it is absorbed into the bloodstream. One cup of coffee may stimulate the brain to increased alertness and lessened fatigue. The effects also are seen on the respiratory system, cardiac system, muscles, and stomach. It can be related to fibrocystic disease in the female breast. It can increase blood sugars and may elevate blood lipids or fats. Caffeine may be useful in treating migraine headaches.

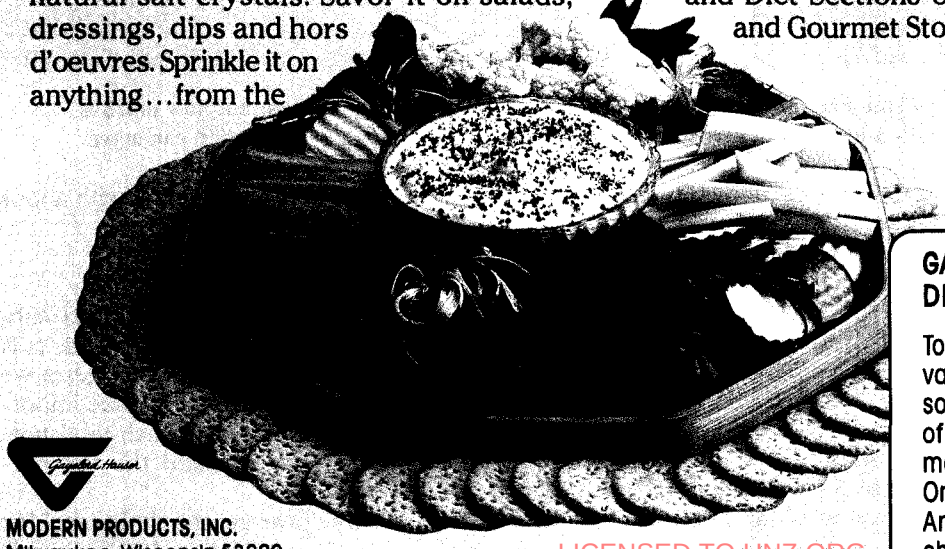
Caffeine is found in coffee, tea, and cocoa and is a component of many soft drinks. Medicines may contain caffeine as an additive.

Add the *Spike of Life* to your snack dips

Spike. The Natural All-Purpose Seasoning Sensation.

No matter what's on the menu, Spike brings the flavor to life. Created in Italy by renowned gourmet nutritionist Gayelord Hauser, Spike is a tantilizing blend of 39 herbs, spices and exotic flavors, with just the right amount of natural salt crystals. Savor it on salads, dressings, dips and hors d'oeuvres. Sprinkle it on anything...from the simplest of snacks to the most sumptuous main course...for a truly unique taste experience.

Available at all Health Food Stores, Health and Diet Sections of Supermarkets and Gourmet Stores.



GAYELORD HAUSER'S DEE-LICIOUS DIP

To make this dip, one can choose from a variety of bases: low-fat yogurt, kefir cheese, sour cream, or sour half-and-half. To each cup of base used, add one teaspoon of Spike (or more to taste) and stir. Add a dash or two of Onion Magic if you like an oniony tasting dip. An excellent dip for raw vegetables, potato chips or crackers and other snacks.

MODERN PRODUCTS, INC.
Milwaukee, Wisconsin 53209

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HEARTBEAT
The Healthy Heart Report

A CLOSER LOOK AT THE CHOLESTEROL CONTROVERSY

Is there a cholesterol level below which there is no increased risk of heart disease?

by Diana Benzaia

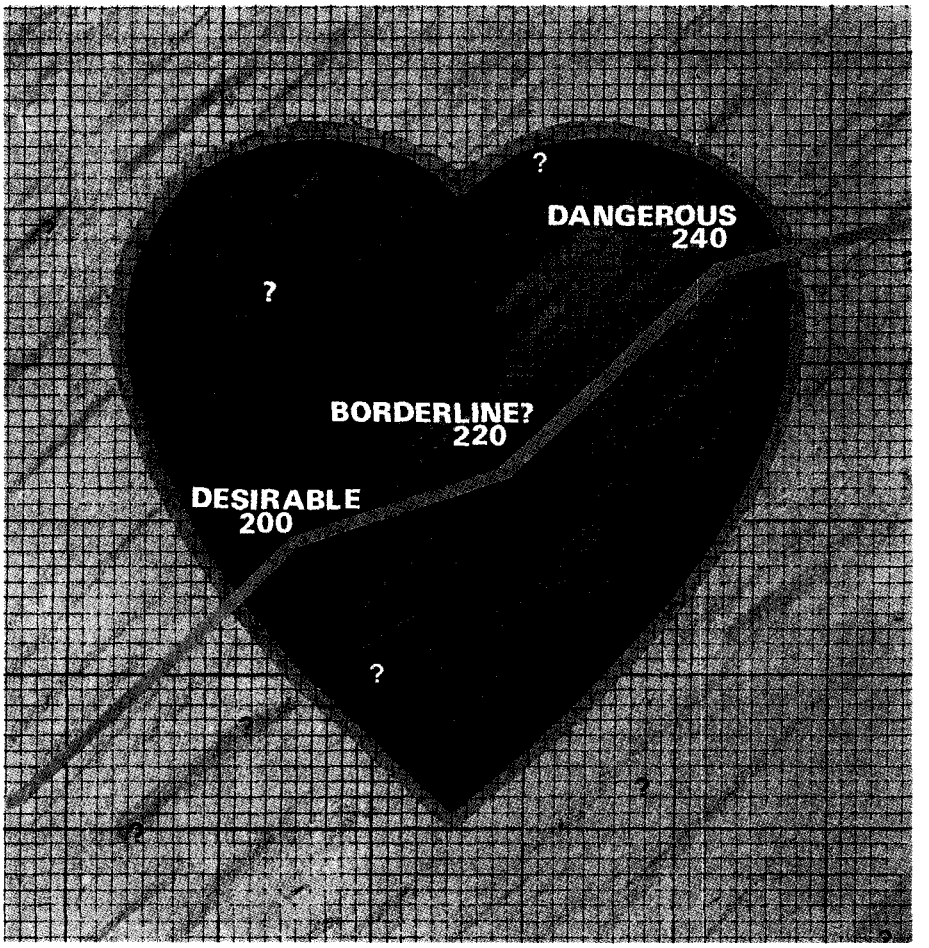
Seventy percent of you reading this article will die with atherosclerotic plaque in your arteries—plaque that will have contributed to death by heart attack or stroke for half of you. So estimates William Castelli, M.D., the medical director of the Framingham Heart Study of the National Heart, Lung and Blood Institute.

With such statistics, you would think that physicians would have reached agreement long ago on ideal cholesterol levels and how to achieve them. But unfortunately that has not been the case. Although new federal guidelines call for lower levels than before, not all doctors agree with them. Consider three scenarios likely to occur in adjacent doctors' offices anywhere in the country.

* Sam, age 42 and 15 pounds overweight, goes to Dr. Smith for a routine checkup. Among the findings: a total serum cholesterol level of 240 mg/dl. "No problem," Dr. Smith says. "You're within the normal range."

* John, the same age and weight as Sam, discovers during a visit with Dr. Jones that he also has a cholesterol level of 240 mg/dl. This physician, however, becomes very concerned and calls the level terribly risky. "You must go on a severely restricted diet right away and start exercising, and if that doesn't get it down in a few months, you must take medication," he says.

* Don has the same age, weight, and cholesterol findings as Sam and John have, but his physician, Dr. Doe, tells Don to come back in for another blood test to check the first one. He also wants to look at the ratio of "good" to "bad" cholesterol. When this test confirms the earlier findings, Dr. Doe recommends that Don adopt a diet lower in fat and cholesterol and start a moderate program of aerobic exercise in order to lose weight and reduce his cholesterol level. He doesn't mention any need for drugs at this point.



Too much cholesterol contributes to heart attacks and strokes, but how much is too much? Not even the experts, with all their research and statistics, can agree.

Who's right? No expert is likely to side with Dr. Smith—but both Drs. Jones and Doe could defend their opinions with impressive research and statistics. Clearly, the cholesterol controversy is far from concluded. But let's start at the beginning with a look at cholesterol itself.

What Is Cholesterol?

Cholesterol is a lipid (fatty) substance we all carry in our blood. It is essential to life. From cholesterol we manufacture bile, a substance important in digestion, and such vital hormones as steroids and the sex hormones.

Where do we get the cholesterol for

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hese tasks? First, we make it ourselves. The liver manufactures cholesterol from fat. In fact, our bodies can make all the cholesterol we need in this manner, even for those on low-fat diets. However, we also eat cholesterol, present in varying concentrations in all animal foods, and we increase internal cholesterol production by eating large amounts of fat, whether animal or vegetable. The result can be an oversupply.

The problem with cholesterol occurs when it is transported through our bodies. As we age, deposits called plaque build up on the walls of our arteries, a process called atherosclerosis—and "traveling" cholesterol is a plaque builder. As plaque increases, it narrows the arteries and decreases the flow of nutrients—especially oxygen—to vital organs, such as the heart and brain. If an artery becomes totally blocked by a clot or a broken-off bit of plaque, a heart attack or a stroke can result, depending on the location of the vessel.

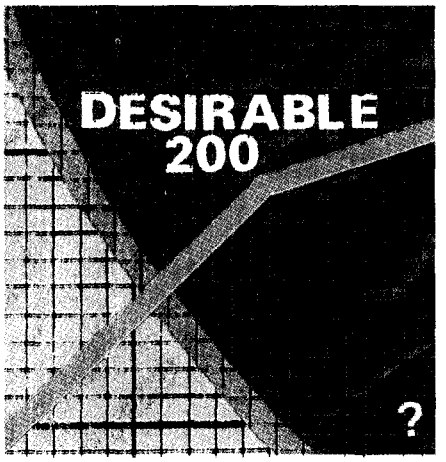
"Cholesterol becomes 'good' or 'bad' depending on what protein is carrying it in the blood," explains Ralph A. Manchester, M.D., an assistant professor at the University of Rochester School of Medicine. Cholesterol is carried in the blood as part of molecules called lipoproteins. HDL (high-density lipoprotein) appears to carry cholesterol from the walls of blood vessels, where it can create problems, back to the liver. That's why it's called the heart-protecting "good" cholesterol. LDL (low-density lipoprotein) carries cholesterol from the liver to the walls of blood vessels. Hence, it is known as the "bad" cholesterol.

So it's important to know not only your total blood cholesterol level but also your cholesterol fractions and their ratio. The higher your HDL level—with a corresponding lowering of your LDL level—the better.

What's the Best Level?

How low should cholesterol levels be? Over the years, whenever a major health organization has offered new guidelines, the recommended levels have been lowered. The latest are the guidelines of the National Institutes of Health: levels below 200 mg are classified as "desirable," those from 200 to 239 mg as "borderline high," and those 240 mg and above as "high."

So why was Dr. Smith so complacent about Sam's 240 mg level, which would put him on the brink of high risk, according to the NIH? Perhaps because he hasn't kept up with recent findings—and the report from his medical laboratory was probably no help either. Blood-test reports usually list the patient's results next to so-called "normal" values. Yet what's normal is clearly not ideal when so



many of us die of heart disease! Additionally, many labs have not adjusted their "normal" ranges downward to reflect the decreases achieved in the population in recent years. Some of the older "normal" levels were as high as 300 mg.

According to the NIH guidelines, Dr. Doe's moderate approach is the best course. So was Dr. Jones unjustified in becoming so concerned? Here's the heart of the question: is there a threshold cholesterol level below which there is no increased risk of heart disease? Numerous studies have sought to identify that golden number—but without success. The famous Framingham Heart Study, however, followed more than 5,000 people since 1948, and not one person in the study with a total cholesterol level below 150 suffered a heart attack. In fact, nearly half the heart attacks seen in the study occurred in people with cholesterol levels between 200 and 240. Perhaps Dr. Jones was familiar with this study.

However, as mentioned earlier, it's not enough to watch total cholesterol levels. W. Virgil Brown, M.D., the chief of the Division of Arteriosclerosis and Metabolism at the Mount Sinai School of Medicine in New York, suggests keeping HDL levels above 50 mg. Other doctors disagree and urge that the recommended levels be boosted to 75 mg. "While difficult to achieve," Dr. Castelli says, "it is very unlikely to see a heart attack in someone with an HDL of 75 or more."

When to start checking cholesterol levels is another point of controversy. The National Heart, Lung and Blood Institute recommends that all adults age 20 and over have their cholesterol measured at least once every five years. Dr. Manchester thinks it would be better to start sooner, when teens are entering college or getting their first job.

"Health checks are usually required at such turning points, so why not seize the moment?" Dr. Manchester asks. As the medical chief of the University of Rochester's Department of Health Service, he has implemented a program assessing the cholesterol levels of all entering freshmen. Those with high levels are retested, and if necessary, they receive counseling on altering their lifestyles to lower their risk—and the earlier in life those habit changes are made, the better.

But many pediatricians recommend testing *much* earlier—even in infancy—to check for rare but severe cholesterol problems that can lead to death before age ten.

Whatever your age, if *your* cholesterol levels are high, take prompt action.

Diet vs. Cholesterol

"Diet is the most powerful and safest means of altering blood-cholesterol levels," Dr. Brown emphasizes. The American Heart Association and numerous other health organizations have long recommended the prudent "healthy-heart diet" for adults, and some urge it even for children. In this diet, total fat intake is reduced to 30 percent of one's total calories (the fat intake being equal amounts of saturated, monounsaturated, and polyunsaturated fats). No more than 250 to 300 mg of cholesterol are consumed daily—about the amount in one large egg yolk.

Fats are called "saturated" or "unsaturated" based on their chemical composition, but what is important

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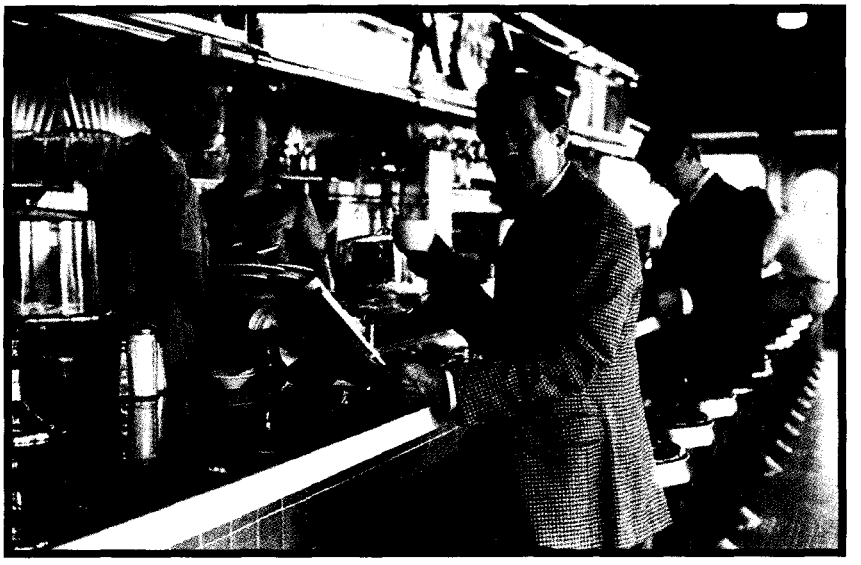
IF YOU'VE SPENT A LIFETIME RAISING YOUR CHOLESTEROL



HERE'S HOW YOU CAN HELP LOWER IT IN JUST SIX WEEKS.

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SINCE YOU WERE A CHILD, YOU'VE BEEN CLOGGING YOUR ARTERIES.

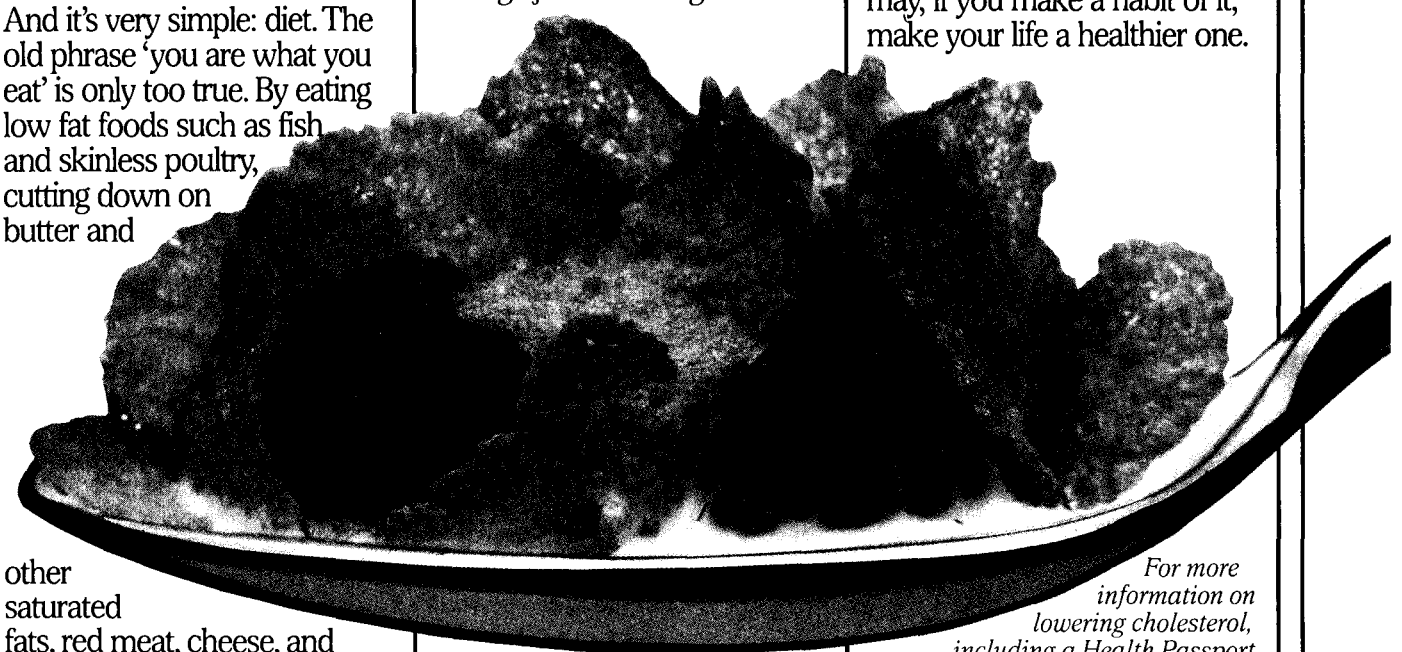
It's hard to believe, but since childhood, the fatty foods you've eaten have been leaving deposits in your blood vessels. And though it meant nothing to your health then, as you grow older, it means increased risk of heart disease and stroke.

IT'S NOT TOO LATE TO HALT THE PROCESS.

And it's very simple: diet. The old phrase 'you are what you eat' is only too true. By eating low fat foods such as fish and skinless poultry, cutting down on butter and other saturated fats, red meat, cheese, and eggs, you may reduce your serum cholesterol in as little time as six weeks. And if you can lower your cholesterol levels enough, you can actually *reduce* the fat deposits in your arteries. That's an encouraging fact.

A GREAT PLACE TO START IS BREAKFAST.

One of the most popular times to eat high fat and cholesterol foods is breakfast. Just think about it: bacon, eggs, donuts. If Americans would change just one thing in their diets: their breakfasts; the cholesterol problem in this country could be reduced. So what should you eat? Low cholesterol, low fat foods like cereal. Eat it with skim milk, top it with fruit, and you've got the type of breakfast that will start your day off right and may, if you make a habit of it, make your life a healthier one.



For more information on lowering cholesterol, including a Health Passport from the American Health Foundation, a special brochure on cholesterol, and coupons for Kellogg's cereals, write to:
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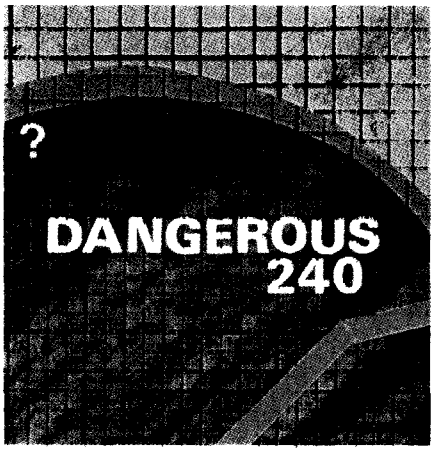

for you is the respective contribution of each to your cholesterol level. Saturated or "hard" fats in your diet tend to increase your blood cholesterol level; unsaturated fats tend to lower it. Americans eat far more total fat and more saturated fat than is recommended.

The healthy-heart diet is not "cruel and unusual." It requires leaner meat, fish, and fowl as protein sources and switching from whole to skim milk and from butter to margarine. Eggs are limited to two a week, red meat to two or three meals a week, and cheese servings to only three or four a week. Results will be measurable within a month and decrease for a few more months, then level off for as long as you stick with it. "About 75 percent of those going on such a diet get at least a 10 to 15 percent drop in their cholesterol levels—depending on their prior diet—and some get even better results," Dr. Manchester says.

If those drops aren't enough—especially combined with other lifestyle changes discussed below—the next step will be a more stringent diet that restricts saturated fat to less than 7 percent of calories and daily cholesterol to less than 200 mg. If that doesn't work, you may try other diets, such as the largely vegetarian one recommended by the famed Pritikin Program, or you may consider medication.

Other Lifestyle Changes

An active exercise program also lowers LDLs and raises HDLs. Three sessions of aerobic exercise a week that raise your heart rate to 75 percent of its predicted maximum for 20 to 25 minutes will raise HDL levels in most people by 10 to 20 percent. If you also lose weight in the process, your LDL levels will drop.

Of course, if you are a smoker, it's wise to quit—not only due to the direct impact of smoking on heart function, but also to improve your HDL/LDL ratio.

Medication

An NIH Consensus Conference report states: "Drug therapy should be used only after a careful trial of diet modification using the most rigorous diet appropriate for the particular individual." (Even when drugs are used, continuing diet therapy is recommended.) Why such caution? From the physician's point of view, there is still no direct evidence of the safety of cholesterol-lowering drugs when taken for several decades. From the patient's point of view, some of them can be awful—in taste, side effects, and cost. Here's a rundown of those now on the market.

* *Bile acid sequestrants* prevent bile from being used for digestion and thus force the liver to use more cholesterol to make bile—keeping it away from the blood. Bile acid sequestrants are powders that taste rather unpleasantly like sawdust or sand; you mix them with water or juice three times a day. Price can also be a problem: the cost to your pharmacist ranges from $3.00 to $4.50 for your daily dose, but the markup can be as high as 100

Food Choices to Lower Cholesterol

Beyond the general recommendations of the prudent "healthy-heart" diet, you can make special food choices to help lower your cholesterol levels. The most important issues are types of fats and food cholesterol levels.

When choosing fats, you know it's wise to avoid butter, which is 61 percent saturated fat. But even worse are two vegetable fats—palm and coconut oil, more than 80 percent saturated fat. Read labels carefully, because the oils are used in such diverse products as nondairy creamers and baked goods. In the middle range (from 30 to 50 percent saturated fat) are some vegetable shortenings, lard, and beef and chicken fat. Better choices are such polyunsaturated fats as soybean, cottonseed, corn, sunflower, and safflower oils.

A best bet in fats can be olive oil—low in both saturated and polyunsaturated fat but high in monounsaturated fat. In a study at the University of Texas Health Science Center, monounsaturated fat was found to be very effective in lowering both total cholesterol and LDL—without decreasing the HDL. So olive oil may be ideal.

Also offering fatty bonuses are omega-3s—a type of polyunsaturated fatty acid that differs from those in common vegetable oils. Found in fish, especially those from cold northern waters, omega-3s seem to help decrease total cholesterol levels, as well as to reduce platelet stickiness. Although the medical community continues to debate the benefits of fish-oil supplements, this news is certainly good reason to select fish high in omega-3s—such as salmon, albacore tuna, and mackerel—instead of red meat.

Remember that vegetables, fruits, cereal grains, and starches contain no cholesterol and little or no saturated fat. One grain in particular may offer extra benefits: a recent study at Northwestern University School of Medicine found that just two ounces a day of oatmeal or oat bran can lower cholesterol by almost 5 percent. This means about two cups of hot cereal or two muffins a day.

Use the following list of cholesterol contents (for cooked, 3½ oz. portions) to make the best choices in animal proteins.

FOOD	CHOLESTEROL (mg)
Oysters	45
Scallops	53
Clams	65
Fish, lean	65
Chicken/turkey, light meat, without skin	80
Lobster	85
Beef, lean	90
Chicken/turkey, dark meat, without skin	95
Crab	100
Shrimp	150
Egg yolk (one)	270
Beef liver	440
Beef kidney	700

(Source: N.I.H.)

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When Severe Hypercholesterolemia Runs in the Family

Several rare genetic anomalies can cause severe cholesterol problems, ranging from a virtual absence of HDL to soaring total cholesterol. The most common problem is familial hypercholesterolemia, which comes in two forms.

The heterozygous type, in which the victim gets one bad gene, occurs in about 1 in 500 people. By early childhood, these people have cholesterol levels in the 400- to 500-mg range. In the absence of aggressive therapy, they may suffer heart attacks in their early 30s.

The homozygous type, in which the victim gets two bad genes, hits only about 1 in 250,000 people. But victims can have cholesterol levels as high as 1,000 mg soon after birth and can have heart attacks even before age ten. Even diet and drugs usually don't provide the cholesterol control they need. By the age of five or six, many have had their hearts ruined by coronary disease. The best news for them is the heart-and-liver transplants already received by a few. The new liver appears to handle cholesterol properly and thus to protect the new heart.

If the family isn't alert, pediatricians are usually the first to spot the youngsters by the development of such abnormalities as a white rim around the edge of the iris, lumps on tendons, and waxy, raised skin patches caused by cholesterol deposits.

percent or more.

* *Nicotinic acid* decreases VLDL production, thus lowering both LDL and triglyceride levels. But its chief side effect, which virtually all users suffer, is severe flushes—similar to menopausal "hot flashes"—that can interfere with one's lifestyle. Other side effects include skin itching and gastrointestinal upset. Daily doses cost your pharmacist $2.50 to $3.00 per day.

* *Fibric acids* are cheaper—about $1 a day to your pharmacist—and have fewer side effects, but they don't work as well. They break down VLDL, lower triglycerides, and raise HDL—but have a lesser impact on total cholesterol.

* *Probucol,* at about the same price, is better tolerated than the first two choices. It is believed to alter the makeup of LDL and cause it to be removed from the bloodstream more quickly.

* *Enzyme inhibitors*, the newest drugs, are among the most expensive, with costs to the pharmacist of $2.50 to $5.00 daily, depending on dosage. "These drugs interfere with the body's synthesis of cholesterol at a very early step in the process," explains Norman B. Javitt, M.D., the chief of the Division of Hepatic Diseases at New York University Medical Center. Working in the liver, they put a brake on its ability to manufacture new cholesterol and encourage it to utilize supplies available in the blood. Although some physicians are hailing lovastatin (the first enzyme inhibitor on the market) as a "breakthrough" because of its dramatic impact, the National Cholesterol Education Program report declined to put it among its first-choice drugs, because its long-term safety has not been established. In addition to gastrointestinal side effects, users should have periodic tests for cataracts and liver function.

Lovastatin can reduce total cholesterol levels by 30 percent or more; bile acid sequestrants can achieve 15 to 25 percent reductions in cholesterol levels; and the other drugs are in the 10 percent to 15 percent range. Sometimes drugs are used in combination, both to increase their cholesterol-lowering benefits and to counteract their side effects.

So whose advice should you take in the cholesterol controversy? Better to err on the side of caution. First, start your healthy-heart diet now. Second, make an appointment to get your cholesterol level checked. Be sure to select a physician who cares about cholesterol levels. Third, consider other risk factors for heart disease, such as high blood pressure and a family history of stroke or heart attacks. If you're in these categories, pay extra attention to cholesterol.

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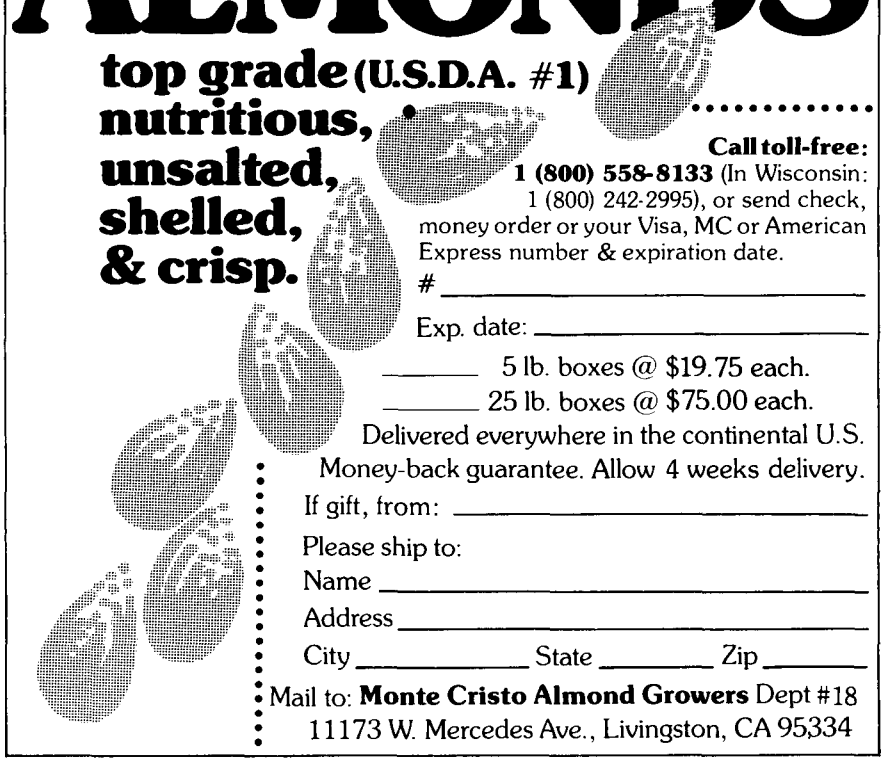

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DON'T TAKE HEMORRHOIDS SITTING DOWN

The frequency of this ubiquitous complaint is increasingly countered by the number of new steps that can relieve it.

by Allison Hartman

Illustrated by Andrea Eberbach

Sooner or later almost everyone suffers from hemorrhoids. At least 8 out of 10, or some 191 million, Americans develop this annoying and painful medical problem at some time during their lives. So don't be embarrassed about hemorrhoids; the more you know about them, the easier it will be to recognize their symptoms and get relief.

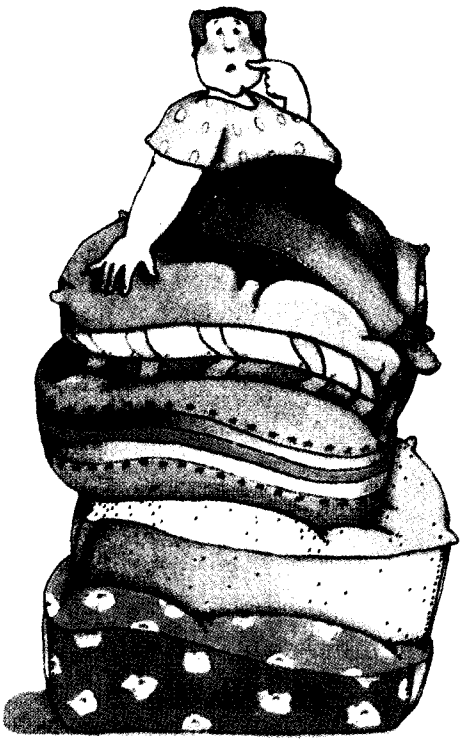
Hemorrhoids are small veins that have become enlarged and swollen around the rectum and anus. The rectum is the final, or lowest, part of the large bowel, which is surrounded by a circle of muscle that stretches and then tightens to force the solid waste products of digestion (stool or bowel movement) down and out through the anus. Veins around the rectum and anus often swell and become inflamed, develop small blood clots, and cause minor bleeding.

There are actually two kinds of hemorrhoids: external and internal. Some people suffer from both.

External hemorrhoids are located just outside the opening of the anus. They develop under the skin and feel like "soft swellings." They are round, purple, and often tender to the touch. External hemorrhoids can become painful and itchy, especially during and after a bowel movement.

Internal hemorrhoids are not so easily detected. They develop farther up, inside the rectum, and are rarely painful. Often you may not be aware of them until they start to bleed. Internal hemorrhoids may, however, become quite painful when hard bowel movements push out through the anus, causing strain on the hemorrhoids.

Physicians once believed hemorrhoids to be a form of varicose vein, but recent studies suggest that they are actually a necessary part of our normal anatomy. Dr. Denis Burkitt, the author of *Eat Right to Keep Healthy and Enjoy Life More*, says hemorrhoids appear to be natural enlargements in the veins of the rectum, "vascular cushions" that help keep the anal opening watertight. "Hemorrhoids, apart from complications, are no more pathological than lips," he says.



Unfortunately, complications do arise frequently, mainly because of pressure that irritates and dislodges the tiny veins. The pressure may come in part from the stress of walking upright (hemorrhoid problems don't seem to occur in quadrupeds), but other pressures from constipation, diarrhea, lifting, coughing, sitting for long periods, obesity, and pregnancy add to the problem. Some experts even believe mental or emotional pressure can contribute to the development of hemorrhoids.

That hemorrhoids may be linked to cancer is a common misconception. The only similarity involves a single symptom—bleeding. If you detect blood in your stool, it may be from a hemorrhaging hemorrhoid, but it might also be a sign of cancer. It is therefore important to contact your doctor, no matter how little blood you see. Early detection is the key to ensuring both good health and peace of mind.

Although problem hemorrhoids may seem to be inherited, they are more likely the result of poor family diet, and you can take certain precautions to prevent them. It's all a matter of following good health tips.

Make those leisurely trips to the bathroom short. People who sit on the toilet enjoying the newspaper may develop hemorrhoids. Sitting in such a position pulls the anus from both sides and causes veins to push out.

Dr. Burkitt believes that a fiber-rich diet to soften stools is the best defense against hemorrhoid problems and should be the first line of hemorrhoid treatment. If you are constipated, add bran and fibrous vegetables, such as peas, to your diet, and don't sit and push for long periods.

Water in the diet is also extremely important. As waste material travels through the body, the large intestine absorbs water from it. Before the waste material reaches the rectum, most of the water may be gone, causing hard, dry bowel movements. Water will help maintain a normal bowel movement that can pass through the body easily.

Water is especially important for pregnant women, whose bodies may need additional liquid to avoid very hard, dry bowel movements. Pregnancy itself creates conditions that can cause hemorrhoids. A woman's blood supply actually increases, causing more pressure in the veins. As the

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womb enlarges, the added weight of the baby will press increasingly on the veins below. Pregnancy is the most common cause of hemorrhoids in young women, although the hemorrhoids tend to subside after a woman gives birth.

A good routine of both exercise and proper hygiene can also be helpful. Exercise will move food swiftly through the body, and good hygiene will remove any irritation-causing matter that can create pain, swelling, and itching.

You can choose from various treatments, both nonprescription and those performed by a doctor.

Nonprescription medications are available over the counter. The most common are ointments and suppositories. They can bring temporary relief.

Compresses are moist pads that bring relief when held in contact with the anal area. They are very helpful for cleaning away irritating matter. They also come in a medicated form that leaves a coating both soothing and cooling.

Warm sitz baths can help ease pain by relaxing and soothing the anal area. Place a folded towel in a tub with two to three inches of warm—not hot—water. Sit on the towel for 15 minutes three or four times a day.

Comfort cushions are donut-shaped cushions that help relieve pressure when you sit for long periods.

Rubber-band treatments involve drawing the hemorrhoid into a special instrument, which then fastens a tiny rubber band around the base of the hemorrhoid, tying it tightly. After a while, the hemorrhoid drops off due to lack of circulation.

Cryosurgery freezes external hemorrhoids with liquid nitrogen. In another method, the doctor injects a chemical in the area of the hemorrhoid in an effort to shrink it. Cryosurgery can usually be done in the doctor's office. In some cases the hemorrhoids may return.

Hemorrhoidectomy is the term that refers to the surgical removal of a hemorrhoid. This procedure is performed in a hospital. Today, through the use of a new breakthrough in laser surgery, some hemorrhoidectomies may be performed right in the doctor's office.

Now you have joined the millions who have discovered how common hemorrhoids are. But that doesn't mean you have to let this condition get or keep you down. With newly gained knowledge about hemorrhoidal symptoms, you can now rest assured you'll stand a better chance of preventing hemorrhoids. And if hemorrhoids are a problem, you now know there are many different ways to get help. ✱

Willard Scott

continued from page 30

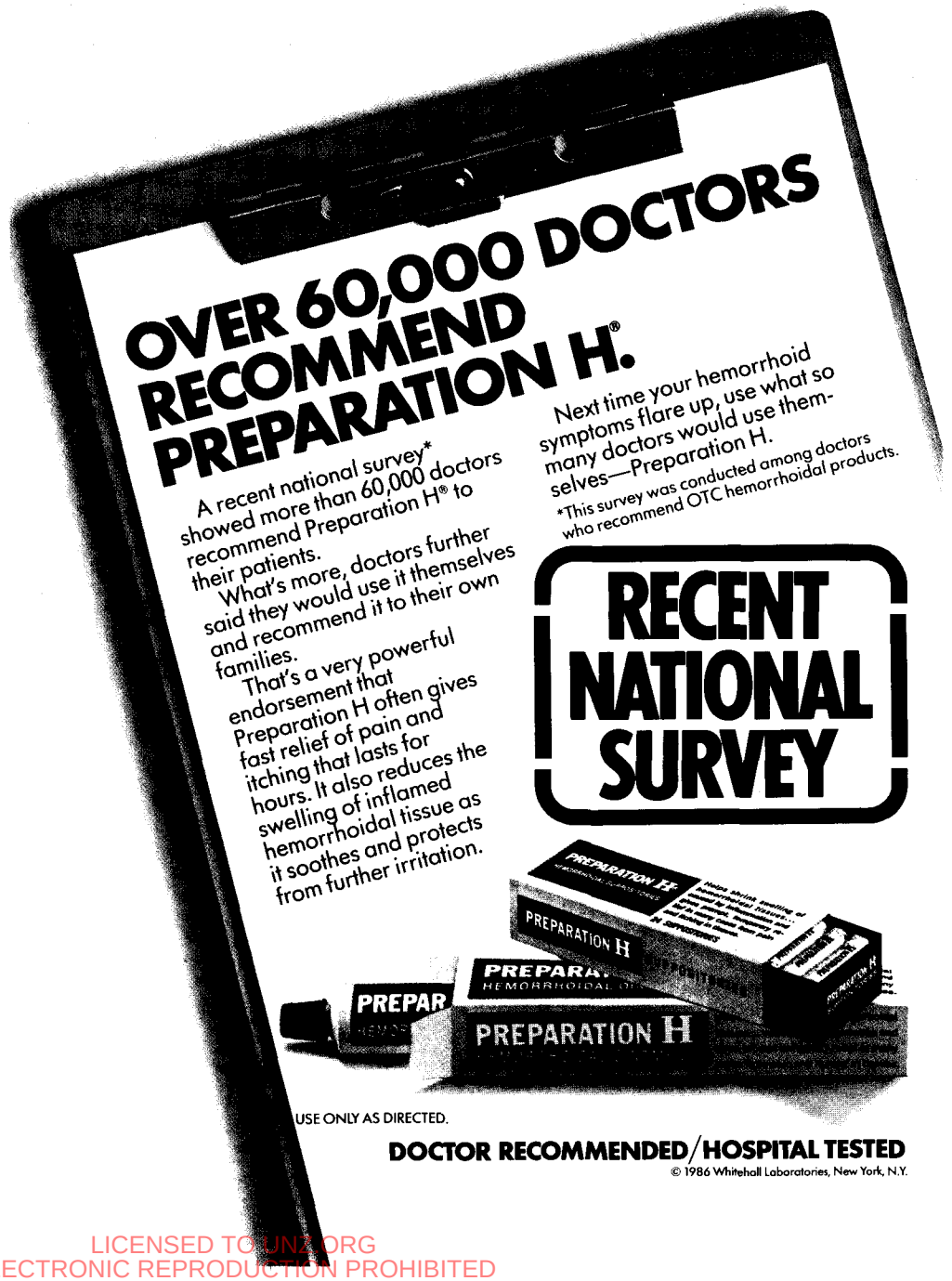
morning and tell a national television audience I've been smoking two packs of cigarettes a day since I was 12 years old?" the old man asked, incredulous.

"That's right," the producer said. "That's the truth, isn't it?"

"Of course it's the truth," the old man replied. "The trouble is I don't stop coughing until 11:30 at the earliest."

I never fail to get a laugh with that one.

I am always happily astonished by the spit and pluck of some of the old folks I am lucky enough to meet, even though I've seen and heard enough to leave me way past the point of wonder. I look over at this little old lady seated in front of me on the Concorde, this fireball with the appetite of an army, as she fidgets with the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cigar she had packed away in her purse, and I wouldn't trade my seat for anything in the world. (I won't tell you whether or not she lit up—I am, after all, a gentleman—but I will tell you this: I flew back the rest of the way with a smile on my face and a song in my heart.)

Let me close this with my own variation on a popular birthday toast: may you all live to be 100, and when you get there may mine be the loudest voice of congratulations you hear.

The Love Letter

continued from page 79

peared to be at least six feet wide, spacious enough easily for a family to walk down it four or five abreast—as families did, in those times, walk together down the sidewalks under the trees. And beyond the walk, widely separated and set far back across the fine old lawns, rose the great houses, the 10-, 12-, and 14-room family houses, two or more stories high, and with attics above them for children to play in and discover the relics of childhoods before them. Their windows were tall, and they were framed on the outside with ornamented wood. And in the solid construction of every one of those lost houses in that ancient photograph there had been left over the time, skill, money, and inclination to decorate their eaves with scrollwork—to finish a job with craftsmanship and pride. And time, too, to build huge wide porches on which families sat on summer evenings with palm-leaf fans.

Far down that lovely tree-sheltered street—out of focus and indistinct—walked the retreating figure of a long-skirted, puff-sleeved woman, her summer parasol open at her back. Of the thousands of long-dead girls it might have been, I knew this could not be Helen Worley. Yet it wasn't completely impossible, I told myself; this was a street, precisely as I saw it now, down which she must often have walked, and I let myself think that yes, this was she. Maybe I live in what is for me the wrong time, and I was filled now with the most desperate yearning to be there, on that peaceful street—to walk off, past the edges of the scene on the printed page before me, into the old and beautiful Brooklyn of long ago. And to draw near and overtake that bobbing parasol in the distance and then turn and look into the face of the girl who held it.

• • •

I worked that evening at home, sitting at my desk with a can of beer on the floor beside me, but once more now Helen Elizabeth Worley was in my mind. I worked steadily all evening, and it was around 12:30 when I finished, 11 handwritten pages I'd get typed at the office on Monday. Then I opened the little center desk drawer into which I'd put a supply of rubber bands and paper clips, took out a clip and fastened the pages together, and sat back in my chair, taking a swallow of beer. The little center desk drawer stood half open as I'd left it, and then, as my eye fell on it, I realized suddenly that of course it, too, must have another secret drawer behind it.

I hadn't thought of that. It simply hadn't occurred to me the week before, in my interest and excitement over the letter I'd found behind the first drawer of the row, and I'd been too busy all week to think of it since.

"It was bound to happen sooner or later . . . they've refused to renew your membership in the 'Young Republicans.'"

But now I set down my beer, pulled the center drawer all the way out, reached behind it and found the little groove in the smooth wood I touched. Then I brought out the second secret little drawer.

I'll tell you what I think, what I'm certain of, though I don't claim to be speaking scientifically; I don't think science has a thing to do with it. The night *is* a strange time; things *are* different at night, as every human being knows somewhere deep inside him. And I think this: Brooklyn has changed over the decades; it is no longer the same place at all. But here and there, still, are little islands—isolated remnants of the way things once were. And the Wister postal substation is one of them; it has changed really not at all. And I think that at night—late at night, the world asleep, when the sounds of things as they are now are nearly silent, and the sight of things as they are now is vague in the darkness—the boundary between here and then wavers. At certain moments and places it fades. I think that there in the dimness of the old Wister post office, in the dead of night, lifting my letter to Helen Worley toward the old brass door of the letter drop—I think that I stood on one side of that slot in this year and that I dropped my letter, properly stamped, written and addressed in the ink and on the very paper of Helen Worley's youth, into the Brooklyn of 1882 on the other side of that worn old slot.

I believe that—I'm not even interested in proving it—but I believe it. Because now, from that second secret little drawer, I brought out the paper I found in it, opened it, and in rust-black ink on yellowing old paper I read:

Please, oh, please—who are you? Where can I reach you? Your letter arrived today in the second morning post, and I have wandered the house and garden ever since in an agony of excitement. I cannot conceive how you saw my letter in its secret place,

continued on following page

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Why men and women over 40 often miss the best sex of their entire lives.

BY PAUL A. FLEMING, M.D.

The years between 40 and 65 can be years of sexual frustration and failure and withdrawal from sex. Or they can be the start of sexual activity that is frequent and sensitive and especially loving–and that can be enjoyed until the end of one's life.

After 40, expect some changes in your sexual reactions.

Man or woman, you may be slower to achieve readiness for sex. Your climaxes may change. So may the tempo of your love-making and the frequency of your desire.

These changes are normal. But if you misinterpret them and worry that your sexual life is tapering off — you could begin to withdraw from sex altogether.

That would be an awful shame.

No need to give up on sex—ever.

Sex over 50, 60, 70 and beyond —good sex—is a real option for almost all people. And it can be the most rewarding sex of all.

That is what prompted a monthly newsletter called SEX OVER FORTY, and to circulate a sample first issue to eminent people in both medicine and therapy.

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Sexual help like this is not available anywhere else.

The words SEX OVER FORTY will not appear on any envelope that we send you.

You can read it at home, without hurry or embarrassment. You can read it over and over until you understand fully. No more hunting in bookshops for snippets of information that can worry you further. No more "what did he say?" after a tense, quick visit to the doctor.

SEX OVER FORTY often describes ways of making love (ideal for people over 40) that many are embarrassed to say they want to try. You and your partner can read about them, separately, then discuss them together with more comfort.

Dr. Fleming counseling a couple in his office.

SEX OVER FORTY discusses sex like I do in my private practice. When telling a woman how to help her mate regain an erection, I actually show her how to hold her hands, how to move, what comforting things to say.

Becoming more creative lovers.

We cover the major sexual fears and problems that confront people over 40. But we are not over-focused on problems. Each issue is filled with specific ways each partner can become a more sensitive, creative and spontaneous lover. For example:

- How to strengthen sexual muscles.
- The role of sexual lubricants.
- When your partner wants sex more (or less) often than you do.
- Vitamins and herbs for improved sexual functioning.
- Mid-of-night sexual opportunities.
- How to end premature ejaculation.
- Impotence: 11 ways to tell whether it's physical or psychological.
- Female climax: how to improve it.
- Sex after divorce: how to approach it.
- After heart attack: good, safe sex.
- What men need to know about the female sex organs.
- Common medications: how they can affect your sexuality.
- Multiple orgasms: achieve them now, even if never before.

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SEX OVER FORTY

A practical, authoritative newsletter directed to the sexual concerns of the mature adult

Vol. 1, No. 1

Sexual Changes in Men Over Forty

This article will help you to understand and recognize the normal bodily changes that you may experience. It will also deal with and respond to some of the myths that you have heard. You will find that you can adapt to most of the alterations in your sexual responses without any loss of sexual pleasure. Some of these changes can even help you be a better sex partner and make your overall sexual experience more enjoyable.

There are gradual alterations in normal physiology that a man experiences as he matures. These changes affect all parts of his body. Unfortunately, those changes which affect the man's *sexual* functioning are dreaded by many men as an inevitable signal that an active sexual life is over for them. When, for instance, a man notices that erection is not as spontaneous, or if it *has failed to occur on occasion, he may* assume that his sexual ability and sexual functioning are fading and may soon be gone.

Such an assumption can be very frightening. We often do not realize how much of our feelings of self-esteem, self-worth, masculinity and competence are dependent on our successful sexual functioning. It is amazing how important it is to each of us as men that our penis gets hard when we think it should and that it functions the way we think it's supposed to. If our penis starts to function in a different way than we are used to, and we interpret this as a sign that soon it will stop functioning altogether, it can be devastating.

"Just because your legs aren't as strong as they were when you were twenty doesn't mean you give up walking or running."

You have noticed, if you are over forty, that your legs may not be as strong as they were when you were twenty, yet you do not assume that this means you can't walk or run anymore. It may mean that you will walk a little slower and run a little less, but you will still get where you are going. If you didn't run much when you were younger, and have recently taken up jogging, you *may even run more now. Why* should you feel, because your sexual "muscles" are also not as strong as they were, that you will have to stop having sex? On the contrary, as you will see, some of the changes which come with maturing may actually help you to be a better lover.

"You probably will become slower to obtain a spontaneous erection and you will require more direct physical stimulation by your partner."

The sexual physiologic changes which come with maturity are predictable and clearly definable. First of all as you become older you probably will become slower to obtain a spontaneous erection. When you were in your late teens or early twenties you probably became erect in a matter of seconds upon entering a sexual situation.

Front page of Premier Issue (greatly reduced in size).

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but since you did, perhaps you will see this one too. Oh, tell me your letter is no hoax or cruel joke! Willy, if it is you; if you have discovered my letter and think to deceive your sister with a prank, I pray you to tell me! But if it is not—if I now address someone who has truly responded to my most secret hopes—do not longer keep me ignorant of who and where you are. For I, too—and I confess it willingly—long to see you! And I, too, feel and am most certain of it, that if I could know you, I would love you. It is impossible for me to think otherwise.

I must hear from you again; I shall not rest until I do.

I remain, most sincerely,
Helen Elizabeth Worley

After a long time, I opened the first little drawer of the old desk and took out the pen and ink I'd found there and a sheet of the note paper.

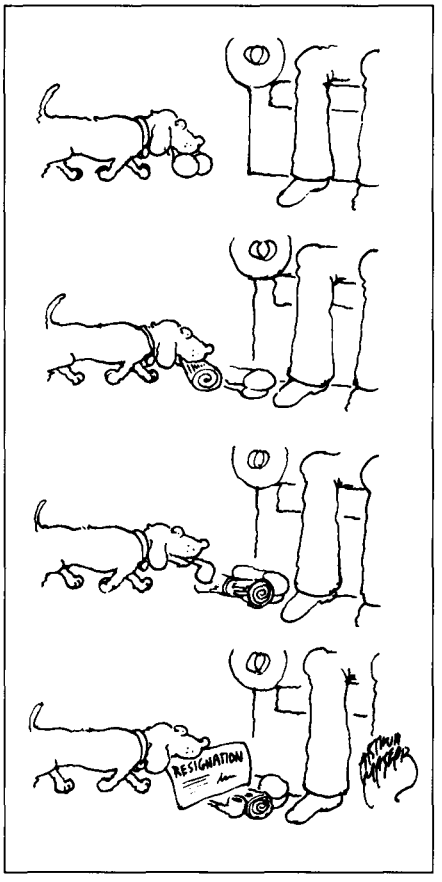
For minutes then, the pen in my hand, I sat there in the night staring down at the empty paper on the desk top; finally, then, I dipped the pen into the old ink and wrote:

Helen, my dear: I don't know how to say this so it will seem even comprehensible to you. But I do exist, here in Brooklyn, less than three blocks from where you now read this. We are separated not by space, but by the years which lie between us. Now I own the desk which you once had, and at which you wrote the note I found in it. Helen, all I can tell you is that I answered that note, mailed it late at night at the old Wister station, and that somehow it reached you, as I hope this will too. This is no hoax! Can you imagine anyone playing a joke that cruel? I live in a Brooklyn, within sight of your house, that you cannot imagine. It is a city whose streets are now crowded with wheeled vehicles propelled by engines. And it is a city extending far beyond the limits you know, with a population of millions, so crowded there is hardly room any longer for trees. From my window as I write I can see—across Brooklyn Bridge, which is hardly changed from the way you, too, can see it now—Manhattan Island, and rising from it are the lighted silhouettes of stone-and-steel buildings more than one thousand feet high.

You must believe me. I live, I exist, many years after you read this; and I feel I have fallen in love with you.

I sat for some moments staring at the wall, trying to figure out how to explain something I was certain was true. Then I wrote:

Helen: There are three secret drawers in our desk. Into the first you put only the letter I found. You cannot now add something to that drawer and hope that it will reach me. For I have



already opened that drawer and found only the letter you put there. Nothing else can now come down through the years to me in that drawer, for you cannot now alter what you have already done.

Into the second drawer, in 1882, you put the note which lies before me, which I found when I opened that drawer a few minutes ago. You put nothing else into it, and now that, too, cannot be changed.

But I haven't opened the third drawer, Helen. Not yet! It is the last way you can still reach me, and the last time. I will mail this as I did before, then wait. In a week I will open the last drawer.

Jake Belknap

It was a long week. I worked and kept busy daytimes, but at night I thought of hardly anything but the third secret drawer in my desk. I was terribly tempted to open it earlier, telling myself that whatever might lie in it had been put there decades before and must be there now, but I wasn't sure, and I waited.

Then, late at night, a week to the hour after I'd mailed my second letter at the old Wister post office, I pulled out the third drawer, reached in, and brought out the last secret drawer, which lay behind it. My hand was actually shaking, and for a moment I couldn't bear to look directly—something lay in the drawer—and I turned my head away. Then I looked.

I'd expected a long letter, very long, of many pages, her last communication with me, and full of everything she wanted to say. But there was no letter at all. It was a photograph, about three inches square, a faded sepia in color, mounted on heavy stiff cardboard, and with the photographer's name in tiny gold script down in the corner: *Brunner & Holland, Parisian Photography, Brooklyn, N.Y.*

The photograph showed the head and shoulders of a girl in a high-necked dark dress with a cameo brooch at the collar. Her dark hair was swept tightly back, covering the ears, in a style which no longer suits our ideas of beauty. But the stark severity of that dress and hair style couldn't spoil the beauty of the face that smiled out at me from that old photograph. It wasn't beautiful in any classic sense, I suppose. The brows were unplucked and somewhat heavier than we are used to. But it is the soft warm smile of her lips, and her eyes—large and serene as she looks out at me over the years—that make Helen Elizabeth Worley a beautiful woman. Across the bottom of her photograph she had written, "I will never forget." And as I sat there at the old desk, staring at what she had written, I understood that, of course, that was all there was to say—what else?—on this, the last time, as she knew, that she'd ever be able to reach me.

It wasn't the last time, though. There was one final way for Helen Worley to communicate with me over the years, and it took me a long time, as it must have taken her, to realize it. Only a week ago, on my fourth day of

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searching, I finally found it. It was late in the evening, and the sun was almost gone, when I found the old headstone among all the others stretching off in rows under the quiet trees. And then I read the inscription etched in the weathered old stone: ***Helen Elizabeth Worley—1861-1934.*** Under this were the words, **I NEVER FORGOT.**

And neither will I.

Life Insurance

continued from page 16

ly, you don't ever have to repay the loan; it will simply be deducted from the eventual death benefit.

For older Americans, an added benefit of single-premium policies is that any interest accrued is not counted as income by the Social Security Administration. For example, a 70-year-old male client of Gross' recently deposited $15,000 in a single-premium whole-life account paying a fixed interest rate of 7.75 percent for three years. Assuming that the policy returns 7.75 percent for ten years (remember, the rate's adjustable after three), the account would accrue $16,642 in interest—none of which would have to be included in any Social Security-benefit calculations.

This policy also carries a guarantee of at least $26,589 in life insurance. The amount of life insurance can increase, depending on the return in the policy; the higher the return, the higher the death benefit.

Single-premium life also has distinct advantages for younger people. For instance, it can be used as a college fund. "Parents could give a $5,000 whole-life policy to their six-year-old child," says Charles D. Hendrickson, a Columbus, Ohio, insurance agent. One current policy paying 8.25 percent in the first year is adjusted annually. If the policy continues to return 8.25 percent, it will have a cash value of $12,945 when the child reaches age 18. The child could then borrow the $7,945 in interest at no cost to pay for college and could borrow against the principal at a net cost of 3 percent.

Some financial planners also recommend single-premium policies as an option for IRA or 401(k) plan contributors looking for another way of sheltering their investment income.

Most single-premium-life policies charge a penalty, or surrender fee, for cancellations during the first few years of the policy. These fees usually are eliminated in five or ten years. As in other types of insurance, the early-year fees can make a policy a bad buy if surrendered soon after purchase, no matter how well the underlying investments are doing.

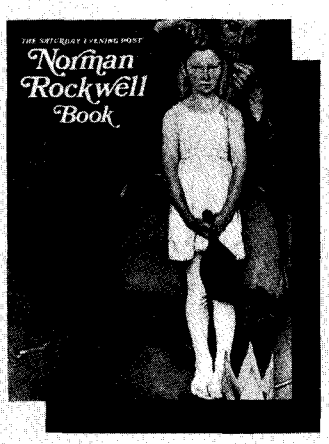
Although most investors plan to hold their policies for a decade or more, some are forced by changing personal fortunes and economic conditions to cash in their policies early, which can be costly. For example, a $5,000 single-premium policy yielding a guaranteed 8 percent in its early years, with a 9 percent surrender charge in the first year, would be worth $5,400 after one year. If the investor cancelled the policy to get that money back, he'd pay more in penalties than he received in interest—and he'd still have to pay taxes on that $400 in interest. Obviously, it's usually best to stick with such a policy in the first years after buying it.

Your best bet when screening single-premium policies is to consider only contracts that allow you to surrender the policy at the end of one year and get back as much as you paid for it. In these cases, the interest earned in one year will balance the surrender charge.

Even if you do find a policy that allows you to get back at the end of a year what you paid for it, you're still better off purchasing your policy as an investment you're going to hold for a decade or more. That way, you won't have to worry about paying any surrender charges, and you'll benefit from the long-term compounding of interest that gives most interest-bearing investments much of their appeal.

There's another good reason for not surrendering your policy: as the example above shows, the interest earned on that money is taxable when the policy is surrendered. If you've surrendered a policy after borrowing several thousand dollars in interest, the tax bill on that interest could put you in a financial bind. And deferring taxes on your interest, remember, is one of the chief advantages of these policies.

Finally, if you do purchase a single-premium insurance policy, be sure to



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keep your eye on the actions of Congress. After the recent sweeping changes in the tax laws, few financial advisers are willing to say that the protected status of interest on insurance policies will never change —although there are currently no indications that Congress is going to do any such thing. But if those laws ever are changed, you will have to be ready to scurry back to your financial drawing board to contemplate life after yet another tax revision.

Cleaning House

continued from page 53

inated from tap water with purifiers available at hardware stores and retailers that specialize in water-treatment devices. There are three kinds of purifiers. Reverse-osmosis devices and distillers remove lead and other metals as well as microbes, and activated carbon filters absorb chlorine byproducts and radon. Since none of the purifiers acts on the entire spectrum of contaminants, you should have your water tested so you can choose the most appropriate one.

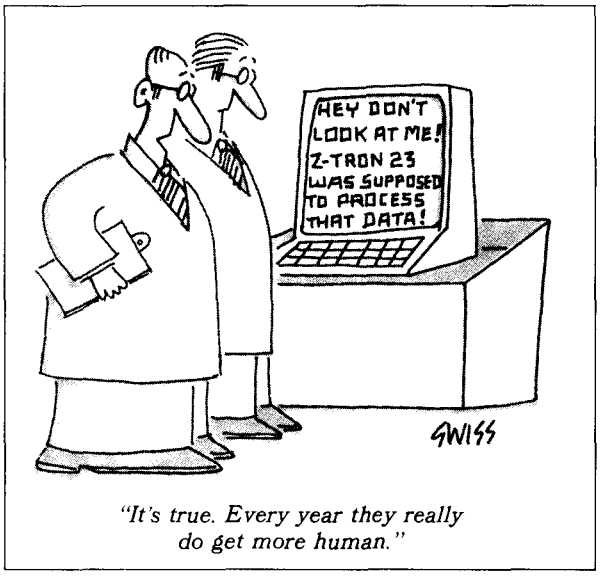
The best purifiers treat all the water in your house. They cost between $500 and $1,500, and yearly maintenance can be as high as $100. Less expensive units are available for individual faucets. The National Sanitation Foundation, an independent research organization, has compiled a list of the most effective purifiers. For a copy of the list, write to Nancy Culotta at the foundation, 3475 Plymouth Road, Ann Arbor, MI 48106.

Household Chemicals

Many products that clean, beautify, and fumigate house and garden can also cause serious illnesses. Some of the same toxic chemicals discharged by factories and cars are used in paints, paint thinners, cleaners, and other products. These chemicals—often found in higher concentrations inside a house than outside—have been linked to cancer and respiratory ailments as well as nausea and dizziness. Ammonia, for example, can inflame the respiratory tract, and some doctors advise asthmatics to avoid using any cleaners that contain it.

There are about 50,000 pesticides on the market, and greater quantities are strewn on residential lawns and gardens than on farms. Four of the most widely used chemicals—2,4-D, benomyl, chlorothalonil, and glyphosate—have been linked to cancer and reproductive problems.

No pesticide has caused more public furor in recent years than chlordane, the most widely used termite-killing chemical in the country. Studies have linked chlordane to cancer, neurological disorders, and miscarriages. Last summer, the sole manufacturer of chlordane took it and a similar chemical called heptachlor off the market, though exterminators can continue using the supplies stored in their warehouses.



"It's true. Every year they really do get more human."

The EPA estimates that 3 out of 1,000 people exposed to chlordane or heptachlor in their homes may develop cancer, but it doesn't consider this health risk great enough to warrant banning the pesticides. New York and Minnesota disagree and prohibit the use of both chlordane and heptachlor; Massachusetts has banned chlordane.

The best way to minimize exposure to toxic household chemicals is to use safer alternatives: water-based paints that do not contain petrochemicals; beeswax floor cleaners and waxes; paint thinners made from plant oils; and a class of termiticides called permethrins, which are not carcinogenic. Other nontoxic pesticides are available in many hardware stores. If you have questions about pesticides, write to the National Coalition Against the Misuse of Pesticides, 530 7th Street, S.E., Washington, DC 20003.

Whenever you use paints, paint thinners, or cleaners, make sure there is plenty of ventilation—either from open windows or exhaust fans. Store used cans of paint and paint thinner in an outdoor shed or detached garage. If you don't have an outdoor storage area, discard the cans. "If you store them in the basement and find that six months later the cans are empty," says Dr. John Spengler of Harvard, "just think about where the vapors have gone."

Combustion Gases

Any appliance that burns fuel discharges by-products of combustion such as carbon monoxide. If these gases build up in your house, they can cause chronic bronchitis, headaches, dizziness, nausea, and fatigue.

All local building codes require that gas furnaces be fitted with pipes to vent their exhaust outdoors, but many codes do not cover other gas appliances. "Local building codes for ventilation are geared to achieve minimum levels of comfort," Dr. Spengler says, "not safety."

Gas appliances that are not working properly churn out excessive carbon monoxide. And wood-burning stoves by their very nature discharge smoke that contains carcinogenic hydrocarbons. "It's like having a car running in the middle of your living room," says Dr. Robert McLellan, the director of environmental and occupational health at the Gesell Institute for Human Development in New Haven. He explains that wood stoves expel more smoke indoors than fireplaces because they burn the wood more slowly. "You can decrease the indoor pollution from your wood stove," he says, "by opening the damper so the wood burns faster."

The first step in decreasing the fumes given off by gas appliances is to have them serviced regularly. Furnaces should be inspected and chimneys cleared of debris in the fall. The Gas Research Institute suggests that you periodically check your gas range by examining the pilot light and

continued on following page

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the flames from the burners. They should be blue; if they are yellow, the range is releasing too much carbon monoxide.

"I advise everyone with a gas range to buy a ventilation hood that vents the gas outside," says Dr. McLellan, who recently started a company that inspects houses for pollution. "Most of the hood fans that come with ranges do nothing but filter grease and recirculate polluted air." Outdoor ventilation systems for gas ranges cost between $200 and $800, depending on how far the appliances are from an exterior wall.

Anyone in the market for a new range should consider an electric range or one that runs on gas but is ignited by an electric spark. Spark ignition, according to the Gas Research Institute, cuts fuel consumption—and the amount of combustion gases released—by one-third.

Dr. McLellan has a final warning about gas ovens: "This may seem too obvious to mention, but never use your oven to heat your house. You can asphyxiate yourself with carbon monoxide."

Allergens

One out of every six Americans is allergic to *something*, and all the allergens that make you sneeze and itch outdoors find their way indoors. "You carry pollen inside on your clothes or in your hair," Dr. McLellan says. "And it blows indoors when you open your windows."

There are dozens of air-cleaning devices on the market, and some of them do an excellent job of filtering pollen as well as dust, smoke, and animal fur. Although the models designed to sit on a desk or table are too small to be very useful, the larger units can remove as much as 75 percent of the particles floating in a 120-square-foot room in just half an hour. These units range in price from $100 to $450.

The best air cleaners use a fan to draw in dirty air and circulate clean air. One type, called an electrostatic precipitator, contains electrodes that give particles a positive electrical charge. The particles are then magnetically attracted to negatively charged plates. Negative ion generators work according to a similar principle. Another type of air cleaner uses a so-called high-efficiency particulate filter made of a fine fiberglass mesh to snare airborne particles.

The Association of Home Appliance Manufacturers (AHAM), a trade organization, has rated several air cleaners. For a list of the ratings, send a self-addressed, stamped envelope to AHAM, Room Air Cleaner Program, 20 North Wacker Drive, Chicago, IL 60606.

No air purifier is a substitute for cleaning your house. But even if you dust and mop every day, allergens inevitably collect inside humidifiers, dehumidifiers, and air conditioners. And these appliances inevitably blow the allergens back at you. So it is important to clean humidifiers and drain dehumidifiers once a week, and to have air-conditioning units serviced and their filters cleaned every spring.

"My insurance company requires three medical opinions. Okay, let's hear them!"

If you develop an allergic reaction to your dog or cat but can't bear to give it away, Dr. McLellan advises that the pet be kept out of the bedroom and be brushed outdoors by someone who is not allergic—once a week throughout the summer and less frequently during the rest of the year. People with allergies who don't have a dog or cat, however, should not look for trouble. "I used to suggest that these people get turtles, until I found out that they carry salmonella," Dr. McLellan says. "Now I recommend goldfish."

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Pet's Potential

continued from page 40

when he takes it to the corner. Judy gives Pudder a squirt with the water pistol when he climbs on the desk and appears to be thinking about taking a bite of the potted palm. This is the "magic moment" of reinforcement, Dr. Miller explains, "just as the dog *starts* the unwanted behavior."

Almost all animal trainers agree that you *can* teach an old dog new tricks and that the way to do it is with reinforcement; however, it is easier if you start out "right" with a young animal.

If at all possible, adopt a new puppy or kitten at six weeks of age, the critical time of socialization; puppies or kittens develop a keen sense of empathy for people at this time. Give the new member lots of body contact with affection and cuddling. This is also the time to introduce young children who will be handling the pet.

Immediately give the new pet a two-syllable name, and use it each time you talk to the pet. Teach the pet to "Come" at the sound of his name. When teaching an animal to come, squat down so you are close to the pet's level. You might start by saying, "Come, Fluffy," each time you feed the animal; clap your hands or rattle the feed dish. When Fluffy comes, reward him with praise and petting.

During the eighth week of life, puppies and kittens are especially vulnerable to trauma and fright; avoid situations that scare the animal. This is also the time most veterinarians recommend beginning vaccinations; keep in mind that the young animal will take its cue from you about car rides and the veterinary hospital. To prevent a negative association, Dr. Miller recommends that you take your puppy on happy, five-minute rides in the car and give praise when it sits quietly and calmly in the appropriate place; increase the length of the ride five minutes each day.

Dogs have survived for eons as pack members, and you must make sure the new puppy realizes that you are the "top dog" in your pack. If a new puppy is brought into a home with an older dog, the older dog is usually the dominant animal, but as the puppy grows older, it may assume this role. Pudder is the "top cat" in

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Judy's household because he was here first. It is best not to interfere with these roles except when you have a dominant animal that wants to boss you.

You must always be consistent in your messages. If you allow your new pet to chew your old worn-out house slippers, do not expect it to stop short of your new Nikes. Likewise, do not allow the dog to dig up dandelions in the park and then expect him to leave your marigolds alone.

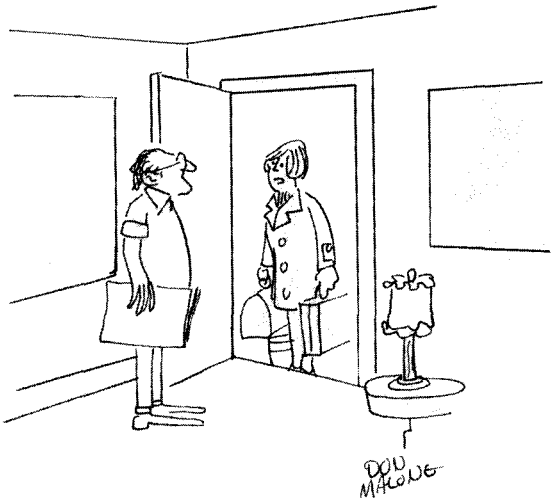
Fast movement in the area of a dog or a cat causes a biting reflex, the visual-oral reflex. Using a newspaper or fly swatter for punishment may stimulate a pet to bite. For house training, I recommend that a potty area be selected in an appropriate place in the yard and the new puppy be taken to that spot as often as every two hours if possible, and certainly after it eats, drinks, sleeps, and exercises. When the puppy performs the desired function, give positive reinforcement.

What's good for training dogs and cats is also good for the birds. Willie, the owner of Land & Sea Pets, taught her cockateel, Edger, to dance on his perch. She withholds the bird's favorite snack until it makes an attempt toward the action she wishes to reinforce. Every effort in the right direction she rewards with peanuts, for Edger, or small pieces of pineapple for Jock, her parrot. "A combination of hand feeding on your part and a little hunger on the bird's part will help cross the social barrier faster than anything else," says Dr. T. J. Lafeber, an authority on pet-bird care and medicine and the author of *Tender Loving Care for Pet Birds.* "Feed your bird twice daily and between meals take his food away. By feeding at about 12-hour intervals, the bird begins to look forward to mealtime because of hunger. It won't be long before the bird realizes where his food comes from and who is feeding him. This makes the bird come to you. Food is the reward to be used anytime a satisfactory word is said or a trick is accomplished."

Pet birds, such as parrots and parakeets, have a much greater propensity for making human sounds if they have been removed from other birds early in life, so that communication takes place in people talk rather than bird talk.

I believe that most animals can be trained, and it is certainly worthwhile for pet owners to learn the basics of animal training. Books, videos, and training courses are available for teaching basic obedience to dogs and cats. The least you can accomplish for your efforts is a more pleasurable relationship with your pet.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.



"I've decided to come back to you, Robert. Charles couldn't stand my indecisiveness either!"

Comfort in the Kitchen

continued from page 36

doorway, all lighting can then be killed in a single stroke on the way out—a nice final touch.

Lousy attitudes can help, of course, in the quest for convenience, but even more so when they're creatively negative. One disgruntled house cook did not like the usual "three-handed" chore of activating the disposal while handling the food item and water faucet simultaneously. So she had a foot switch for the disposal installed along the kick plate of the base cabinet under the sink. The momentary switch must be pushed to stay on. It is located just above toe level so it can't be kicked accidentally.

Occasionally, unorthodox modifications can turn a sour product sweet. Exposed brick adds a wonderful rustic contrast to some kitchens but, among other prerequisites, requires a foundation. Although face brick needs no such support, it tends to look artificial. An unconventional amalgamation has been to use brick veneer with real mortar in the joints for a natural appearance that can fool the best of the bricklayers.

Technology often brings home better answers. One family didn't like the "suburbia look" of formica counter tops, the "grout gutters" of tile, the "shop maintenance" required with butcher-block maple, or the price tag on granite that "leaves you gritting your teeth every time you look at it." And in their case the granite required six unsightly joints. Avonite brought them the look of polished granite at a fraction of the price and without a seam in sight. The West Coast product, available through most major cities, runs $100 per lineal foot.

Sometimes simple new products, such as the latest nonchipping Silacron molded sinks, can increase the functional aesthetics of any kitchen. But the kitchen still has that ordinary look. Slight shifts away from the traditional—such as custom-coordinated hand-thrown stoneware bowls by Norstad Pottery in place of the kitchen, vegetable, or bar sink—often cost no more than the standard yet imprint the kitchen with a creative touch.

Then, too, some homeowners seek old-world craftsmanship for real-wood cabinetry that's not easily found in a nuclear age. Grabill Cabinet Company of Grabill, Indiana, works pride into its dovetail joints on hand-selected walnut stock. Solid brass knobs, self-closing drawers, beveled panels for the refrigerator

continued on page 111

WHERE DO YOU THINK YOU ARE?

(Answers from page 70)

(Theme: occupations)

1. Pennsylvania (Shoemakersville)
2. Massachusetts (Wheelwright)
3. West Virginia (Clothier)
4. Virginia (Painter)
5. Illinois (Carpentersville)
6. North Carolina (Porter)
7. Texas (Ranger)
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9. Iowa (Mechanicsville)

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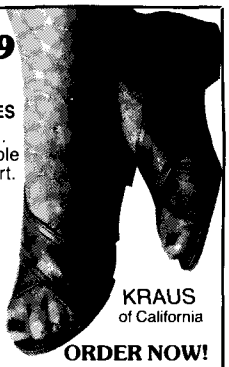

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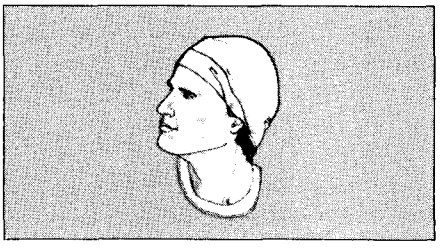

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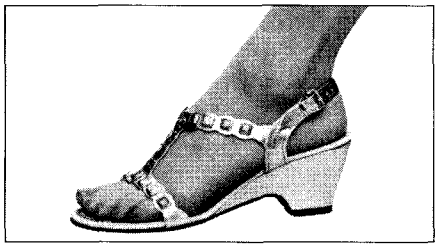

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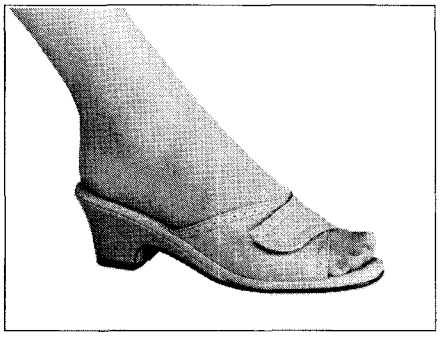
Comfort slide by Beacon®



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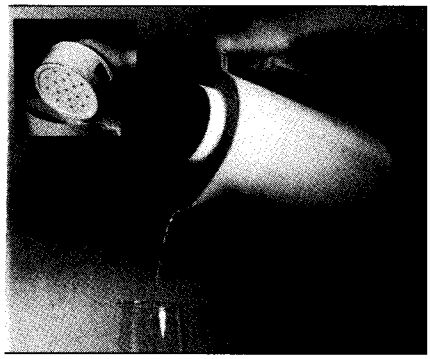

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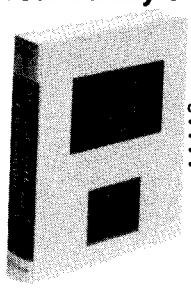

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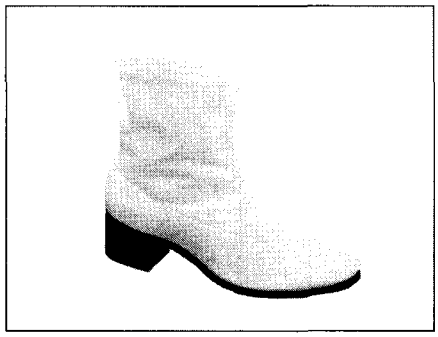

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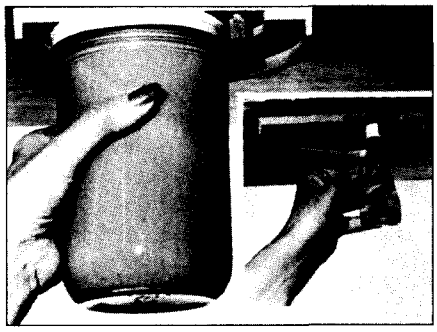

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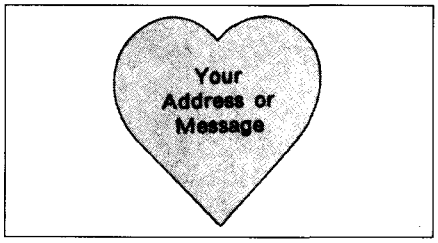

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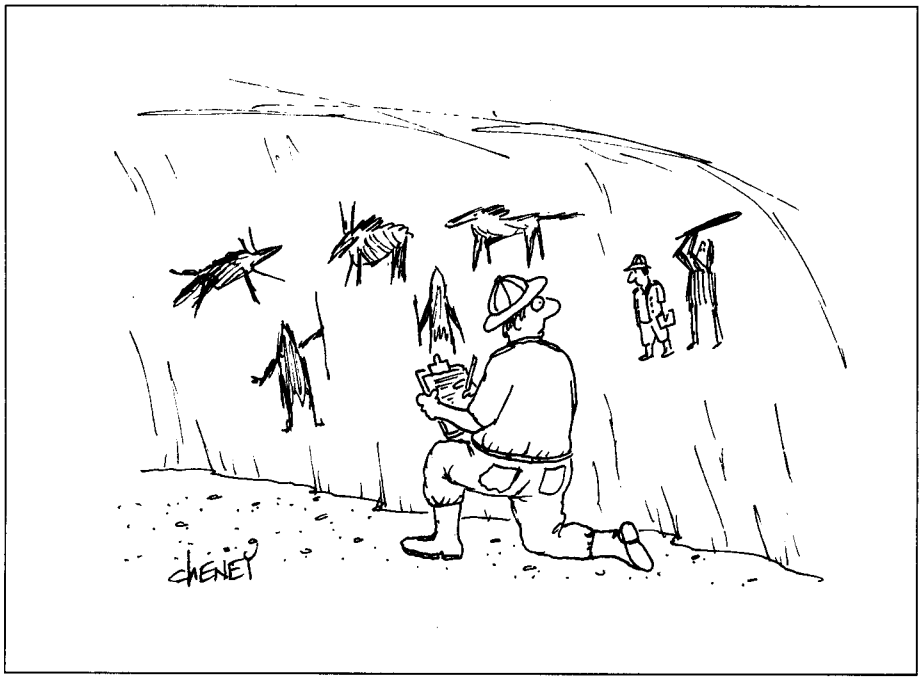

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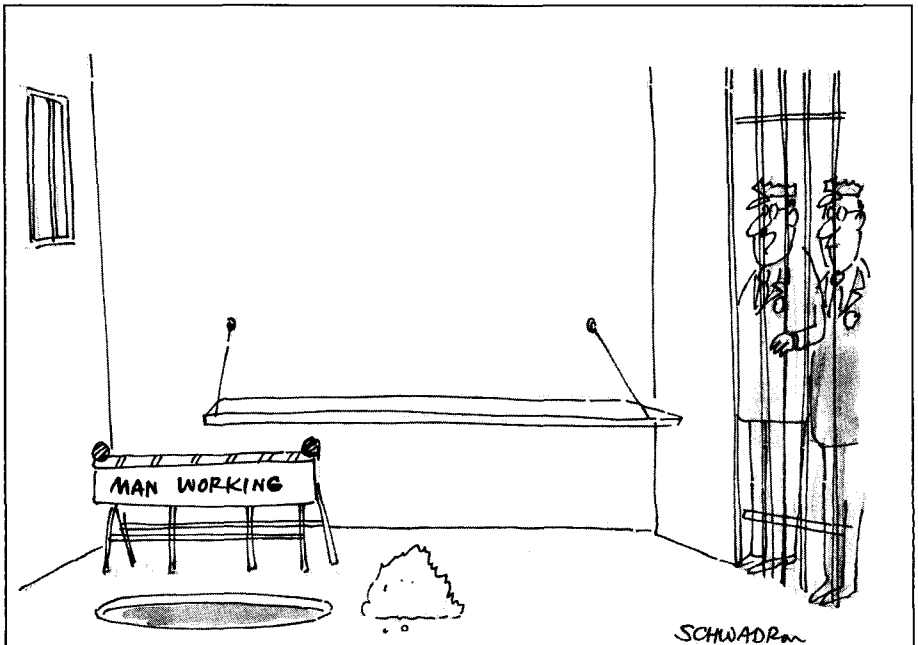

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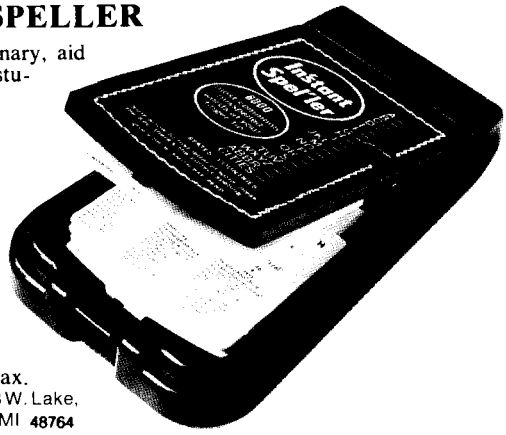

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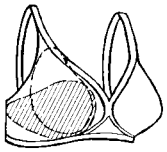

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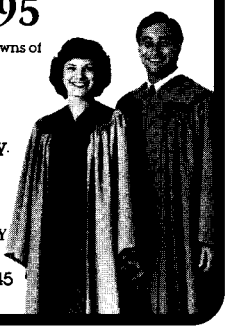

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Smearing the Pap Smear

continued from page 62

With weak laws and scant professional oversight, there is little to protect women from the kinds of misfortunes suffered by Linda MacNeil, Cindy Gray, and Barbara Arbuckle. In all three instances, their Pap slides were misread, according to testimony in lawsuits filed in their state courts. Arbuckle's suit is pending; survivors of the other two women received large monetary settlements.

continued next issue

Comfort in the Kitchen

continued from page 103

and dishwasher fronts, concealed hinges, sculpted edge-molding for the counter—no detail is compromised. A little group of old ladies in back of the plant gives the individual pieces hand-rubbed finishes between gossip.

Finishing polish on a kitchen counts in a big way. Frequently the smallest details create the broadest gap between well-done kitchen décor and that which is chef-d'oeuvre. Rather than offering clients a choice of generic print selections, Dahlin develops individualized motifs to maintain the design character of the room. Elements from the working pattern are then woven into the curtain and wallpaper materials by interior fabricators. Other matching elements are picked up in the hand-painted counter and floor tiles that blend but are not simply duplicated. Dahlin's final stroke is coordinating the design of the china dinnerware with the rest of the décor. Now, if he could just work the pattern into oven mitts somehow.

Van Played On

continued from page 55

We're one of the 19 centers," he said. "We mainly focus on antigen testing and culture testing. Of course, we do a lot of antibody testing for the Red Cross.

"I've noticed that those who extrapolate about the risk of getting false positives in the low-risk population make it sound a lot worse than it is," he said.

Dr. Jackson's views about the accuracy of antibody testing seem consistent with those of FDA authorities whose interviews we published in the September '87 *Post*.

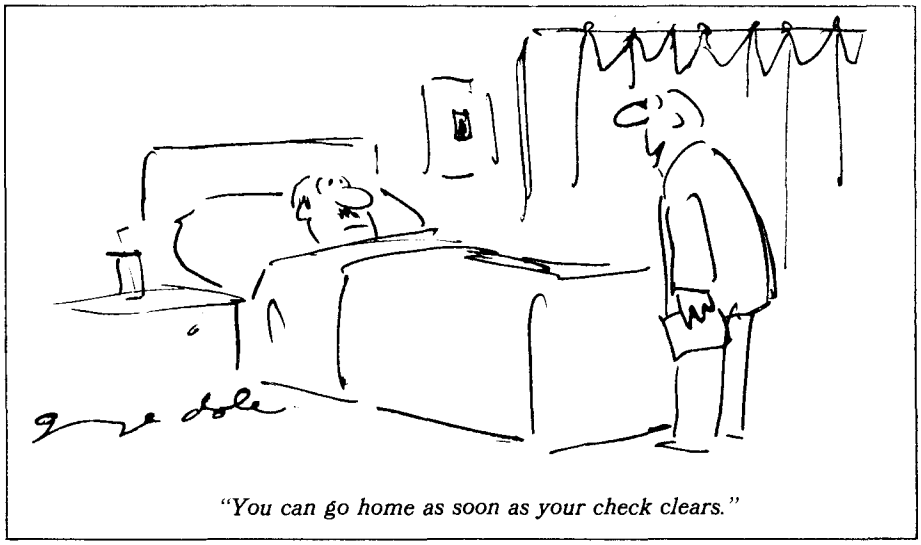
On page 60 of this issue is an exposé on the gross inaccuracies of Pap smears. A *false negative* could result in death from cervical cancer. But no right-thinking medical professional would ever suggest doing away with Pap smears. Quite the contrary, they suggest being tested more often and by labs that can be trusted. *False-positive* tests can always be repeated.

Likewise, in AIDS, T cells can be checked to discover where the person stands on the continuum of normal to suppressed immune system all the way to severely suppressed immune system. Then, if one wanted further information, the virus could be cultured.

So *false positives* do not seem to be a valid argument against doing widespread voluntary testing. If there are 12,000 persons in the United States (as is estimated by the CDC) who have AIDS positive antibodies as a result of blood transfusions, shouldn't we accelerate testing until we find most of those 12,000 people? Even if it meant testing 1 or 2 million blood recipients, it would seem worthwhile. In California, the Irwin Memorial Blood Bank reported that at one point prior to the antibody-screening test, one out of every 100 units of blood was infected with the AIDS virus. We should identify the 12,000 persons who are now AIDS-antibody positive from blood transfusions. We prefer to call these people AIDS carriers, for it is almost impossible for anyone to test positive for AIDS antibodies (in a confirmatory Western blot after two positive ELISA tests) *without* having the virus in the blood to cause the antibody.

Some of the persons who had blood transfusions have already died from AIDS. But the remaining persons could be tested at a cost that would be nominal compared to the expense of having this group of AIDS carriers spreading the AIDS virus innocently.

The public should insist that enough funds be allocated to guarantee that private and public AIDS-testing laboratories be brought up to Minnesota standards so that extensive, *voluntary* testing can go forward.



"You can go home as soon as your check clears."

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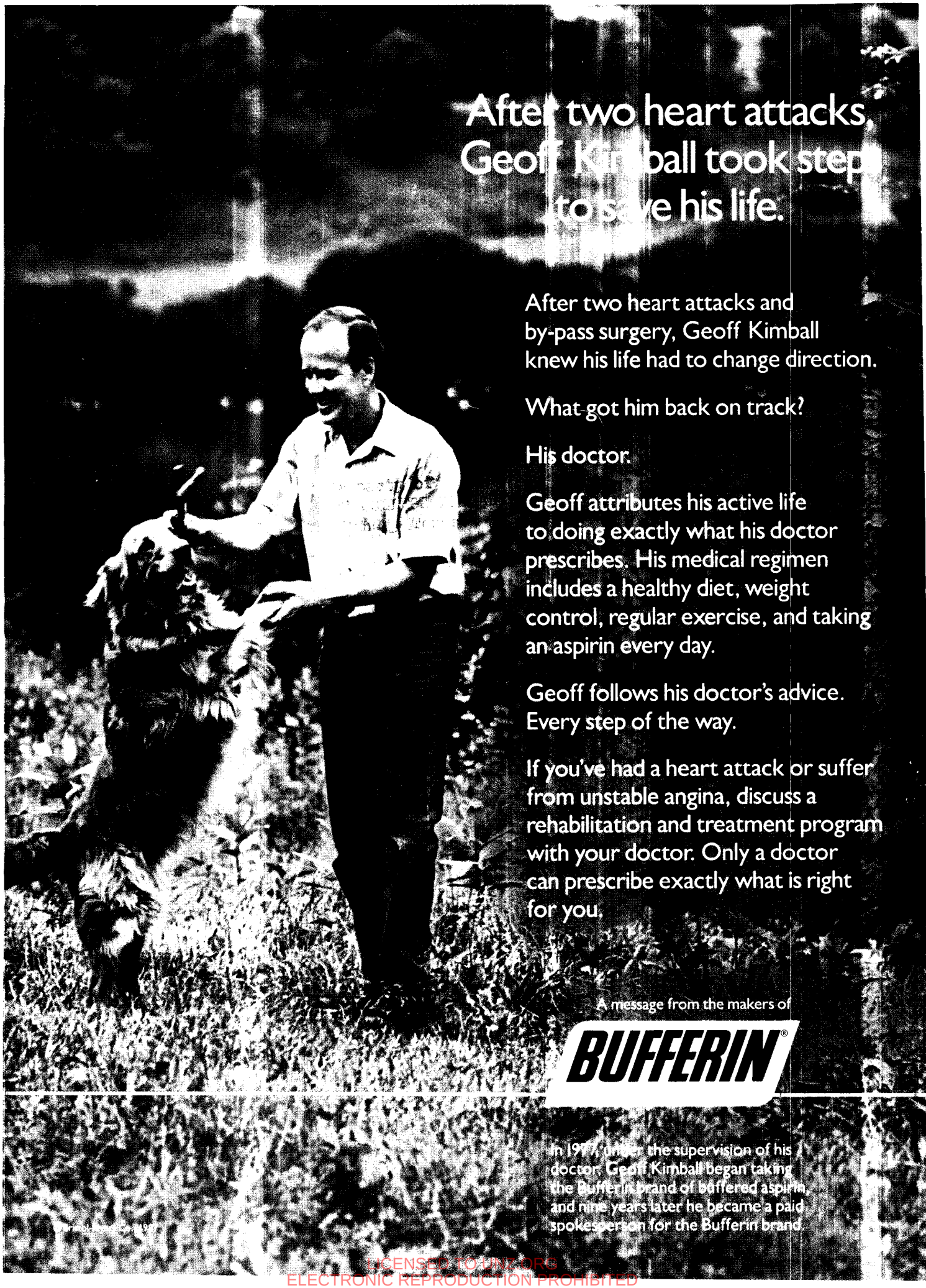
After two heart attacks, Geoff Kimball took steps to save his life.
After two heart attacks and by-pass surgery, Geoff Kimball knew his life had to change direction.
What got him back on track?
His doctor.
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Geoff follows his doctor's advice. Every step of the way.
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